

THE DOUGLAS COLLEGE NEWSPAPER SINCE 1976

# *The* Other Press.

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# HERE WE GO

AGAIN...

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Beautiful downtown Edmonton // By Wikipedia Creative Commons

# The Other Press does Edmonton



**Jacey Gibb**  
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What better way is there to start off the new year than by missing half of the first week of classes to fly to Alberta? The correct answer is: there is none.

By the time you're reading this, a handful of your favourite Other Press staffers will have made their way to sunny Edmonton, AB to attend NASH76. For those of you unconnected to the world of student journalism, the acronym stands for a national conference held every year for emerging journalists/writers/editors to congregate and learn for five action-packed days. It's like the Coachella of student journalism in Canada, but instead of headlining bands you have keynote speakers, you develop bags under your eyes instead of sunburns, and there's more coffee than all of the Starbucks in the Lower Mainland combined. It's a lot of fun and it's one of the most rewarding take aways I have

from my time at the paper.

It's surreal for me to say, but this will be the fourth NASH conference I've attended. Each year I've had a different job position boasted on my name tag and each year I get my ass handed to me when I learn about stuff I didn't even know I didn't know. It's both a refreshing and a sobering experience, and I thought I'd share with you some of the highlights from past years before making some new ones in Edmonton.

#### NASH73 (Montreal):

Pardon the naïve and self-centred tone, but my first conference was also one of the first times it occurred to me that the Other Press might not be the only student newspaper in the entire universe. It was a blur of educational seminars; I spent about 15 minutes in a women's washroom during the closing gala, waiting for a fellow editor to stop vomiting in one of the stalls; and someone recognized me as "that guy who wrote about extreme ironing," which marked one of my proudest moments as a writer. To summarize, NASH73 was the beginning of a complicated, beautiful

love affair. [Fun side note: the Opinions Editor roundtable also marked the first time I (sort of) met your now Life & Style Editor, Sophie Isbister. I was brand new to the position (I might've done one issue by that point) and Sophie was attending the conference as a delegate for the Cascade. I doubt I said a word during that entire roundtable, but I'm counting it as ground zero for our friendship.]

**NASH74 (Victoria):** While I continued to layer knowledge upon my journalistic foundation, NASH74 also taught me what Norwalk virus is and how to successfully avoid contracting it (some of my strategies included never leaving the hotel room and trusting no one). We were treated to a pseudo representation of what an apocalyptic outbreak would be like, as BC Health issued a voluntary quarantine and several members of our paper fell ill. Unrelated to viruses, this was also the year I started my torrid, one-sided romance with funnyman Chris Jones, though my affections may have simply been lying dormant since the beginning of time.

#### NASH75 (Toronto):

Highlights include attending a gala at the CBC headquarters and when a certain Assistant Editor was denied entrance to Lee's Palace because she had a bottle of open alcohol with her while she was talking to the bouncer. There may have also been a late-night quest for someone to get a piercing/tattoo, but luckily not a lot of body mod parlours are open at 2 a.m.

Four years ago, I remember thinking to myself how weird it was to have people at the conference who had been going for several years. I still can't believe it's been that long since my first time, but I've finally come to terms with it. The great thing about learning new things and improving your craft is it's not a process limited to a few years; it's something you should be doing your whole life. Be seeing you soon, Edmonton.

So it goes,

*Jacey Gibb*  
Editor-in-chief

## 📌 Get to know us!

- 📍 The Other Press has been Douglas College's student newspaper since 1976. Since 1978 we have been an autonomous publication, independent of the student union. We are a registered society under the Society Act of British Columbia, governed by an eight-person board of directors appointed by Wand from our staff. Our head office is located in the New Westminster campus.
- 📅 The Other Press is published weekly during the fall and winter semesters, and monthly during the summer. We receive our funding from a student levy collected through tuition fees every semester at registration, and from local and national advertising revenue. The Other Press is a member of the Canadian University Press (CUP), a syndicate of student newspapers that includes papers from all across Canada.
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## This issue:

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  - ☑ Predicted rise in number of fitness centre attendees
  - ☑ Fukushima nuclear clean-up plagued with corruption
- And more!

Have an idea for a story? Let us know!

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Supreme Court of Canada // By Wikipedia Creative Commons

# Supreme Court of Canada rules to keep sex-trade workers safe

» Unanimous ruling strikes down laws meant to deter prostitution



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The Supreme Court of Canada, in a rare show of unanimity, ruled 9-0 in striking down laws that make prostitution more difficult.

While selling sex for money is not a criminal act in Canada, many of the activities surrounding it, such as communicating in public, negotiating a transaction, and living off of the avails of prostitution, are illegal.

The Supreme Court ruled that laws prohibiting these activities were unconstitutional, and Chief Justice Beverly McLachlin gave the government one year to make changes to the legislation.

"[This case is] about whether the laws Parliament has enacted on how prostitution may be carried out pass constitutional muster. I conclude that they do not," McLachlin wrote.

The Supreme Court issued a suspended declaration of invalidity, which allows for the laws in question to remain in the Criminal Code for one year

while the government comes up with new legislation that would meet constitutional concerns of sex-trade workers.

The case began a number of years ago in Ontario, as three sex-trade workers initiated a court challenge against legislation that they believed put sex-trade workers at risk of harm. The Ontario Superior Court ruled all of the laws deterring prostitution unconstitutional. The Ontario Court of Appeal ruled that only the laws on operating a brothel and living off the avails of prostitution were unconstitutional, but upheld laws against negotiated transactions and communicating in public.

The government is now looking at the issue and will have the opportunity to present new legislation. Justice Minister Peter MacKay said that the government is looking at "all possible options to ensure the criminal law continues to address the significant harms that flow from prostitution to communities, those engaged in prostitution, and vulnerable persons."

The sex-trade workers who launched the court challenge have indicated that they are

skeptical about the government's plans to reform prostitution laws. They are calling on the government to come up with a common-sense approach to keep sex-trade workers safe, as well as ensure the safety of the broader community.

Valerie Scott, one of the applicants in the case, said that new laws will only work if it includes input from sex-trade workers.

"The thing here is politicians, though they may know us as clients, they do not understand how sex work works. They won't be able to write a half-decent law. It will fail. That's why you must bring sex workers to the table in a meaningful way," said Scott.

The government has yet to announce how or when it will go about reviewing the ruling and drafting new legislation that would incorporate the guidance given by the Supreme Court. For the full text of the Supreme Court of Canada's decision, visit [www.documentcloud.org/documents/979787-ags-v-bedford-lebovitch-and-scott.html](http://www.documentcloud.org/documents/979787-ags-v-bedford-lebovitch-and-scott.html)

# Sochi Olympics under threat from terror attacks

» Recent attacks in Russia cast shadow over upcoming Olympic Winter Games



**Aidan Mouellic**  
Staff Writer

The 2014 Sochi Olympics in Russia are only a month away, and terrorists have struck the region of the games with two suicide bombing attacks in the city of Volgograd. In the closing days of 2013, two bombers detonated themselves, one inside a busy rail station and the other inside a tram, killing 34 people overall and injuring dozens more.

Of concern for Olympic organizers, though, is that the deadly bombings have occurred in Volgograd, a city which is 700 km away from the site of the Sochi Winter Olympic and Paralympic Games. Both cities are in the Caucasus region of Russia which has long been host to both ethnically and religiously motivated violence. Volgograd was previously known as Stalingrad, the city made famous for hosting a decisive battle against the Nazis in World War II.

In September of 2004, the region also experienced a heinous terrorist attack in the town of Beslan, about 350 km away from Sochi. In the attack, over 1,000 people (777 of whom were children) were taken hostage in a school by militant separatists. The three-day crisis ended with more than 300 individuals dying, most of whom were children.

Russia has vowed to maintain safety and security at the Olympics in Sochi, the city which lies on the coast of the Black Sea. Naval warfare vessels have been patrolling the waters around Sochi and security checkpoints have been strategically placed in the surrounding areas adjacent to the venues; still, the terrorist threat has been made abundantly clear with the two



The aftermath of a suicide bombing // By Reuters

major attacks in Volgograd.

After two days of silence following the Volgograd bombings on December 29 and 30, Russian President Vladimir Putin said that he "will continue the fight against terrorists harshly and consistently until their complete destruction."

Russia boosted its police and military presence in Volgograd by bringing in more than 5,000 members of its forces to execute raids and searches for individuals connected to the bombings. They have not turned up any evidence for those linked to the bombings thus far, and no one has come forward.

Some, though, are pointing fingers to Russia's most-wanted Chechen militant figure, Dokka Umarov, who has a \$5-million bounty on his head. Last July, Umarov encouraged his supporters to disrupt and stop the upcoming Olympics using "maximum force," because "[t]hey plan to hold the Olympics on the bones of our ancestors, on the bones of many, many dead Muslims buried on our land by the Black Sea." He's also stated that the games should be called the "satanic games."

It's still unclear how these recent terrorist attacks in Russia will affect the Sochi games but it's leaving the host country and onlookers on edge. The upcoming Olympics are a target for local Russian extremists who hope to disrupt the sporting event and spread their message as the eyes of the world look on.

# North Korean leader reported to have watched his uncle's execution

» Jang Sung-taek convicted as traitor and reportedly sent to the dogs



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North Korean officials have rung in the new year claiming a newfound sense of unity within the ruling Communist party in the aftermath of the execution of one of the regime's most senior leaders.

Jang Sung-taek, the uncle of North Korean leader Kim Jong-un and one widely regarded as the real power in North Korea, was arrested last month in the middle of a government meeting, and sent on the fast-track to trial. Sung-taek was reported to have faced trial on a number of charges, including treason, womanizing, distribution of pornography, and abusing alcohol. The Korean Central News Agency said that "Jang and his followers committed criminal acts baffling the imagination."

Days after his dramatic arrest last month, Sung-taek and five of his aides were convicted and sentenced to death.

While the execution is said to have taken place in the middle of December, information about the execution has recently been revealed

by Chinese media sources—though this information has yet to be confirmed.

Kim Jong-un is said to have ordered the execution after calling his uncle "worse than a dog." He and more than 300 senior officials watched as Sung-taek and his aides were allegedly placed into a coliseum-like cage and mauled by approximately 120 starving dogs for over an hour.

While past high-profile political executions were carried out by firing squad, the reports on Sung-taek's method of execution have not yet been addressed by the North Korean government.

Sung-taek was the brother-in-law to former North Korean leader Kim Jong-il, who died in 2011. Kim Jong-il, who had been ill for a number of years prior to his death, appointed Sung-taek to mentor his youngest son and heir.

As Kim Jong-un took the reigns as North Korea's leader in 2011, many senior officials in the regime reportedly looked to Sung-taek as the true hand of power, secretly viewing Kim Jong-un as too young for leadership and largely untested in the affairs of the state.

It is assumed that

Sung-taek's execution was carried out in order for Kim Jong-un to exert more control over his officials and send a message to his people.

In a new year broadcast on state media, Kim Jong-un said that the execution of his uncle was necessary to maintain the unity of his government.

"Our party's timely, accurate decision to purge the anti-party, anti-revolutionary elements helped greatly cement solidarity within our party," said Kim Jong-un.

Sung-taek was a major player in the foreign policy of North Korea, playing key roles within international negotiations regarding nuclear proliferation on the Korean peninsula as well as fostering warm relations with China, one of North Korea's few allies.

Tensions on the Korean peninsula have been high for much of 2013, and many experts believe that Sung-taek's execution is the start of a series of provocative actions to be taken by North Korea to keep the regime stable and distracted from troubling domestic issues facing the country, such as North Korea's ever-softening economy.



Kim Jong-il // By www.businessinsider.com

## Predicted rise in number of fitness centre attendees

» Fitness habits in the new year



**Julia Siedlanowska**  
Staff Writer

The new year is always said to bring an influx of gym and fitness centre attendees, and New Year's resolutions are held responsible; but not everyone agrees that the trend is as big as it once was.

Jessica Lyn, owner of the pole dance, aerial, and fitness studio AVA Fitness in New Westminster, witnesses a consistent increase in new customers after the holidays. "We have a huge influx in January and February of people just wanting to try new

things," says Lyn. "We have our regulars throughout the year but it's generally January, February, and even March that is high for new clients."

Although AVA Fitness offers a specific kind of health activity, the rise is not only seen in a daring new endeavour like pole dancing. Tracy Chase at the Port Moody Recreation Complex also notices a definite rise in the number of patrons. "It's a New Year's resolution, absolutely," says Chase. "Our programs stay the same, but we definitely have more people coming in."

Danielle Eades, of Fitwells for Women in Coquitlam, agrees. "Definitely right after Christmas is our huge

busy time with everyone coming in for the new year."

Although prices stay the same at most recreation centres, different promotional tactics are highly advertised during the post-holiday season within privately owned businesses.

"Normally prices go up. So January and February will always be the more expensive months, where the month leading up to January will always be a lot slower," says Jason Alden of the Steve Nash Fitness World and Sports Club.

The reverse is visible at AVA Fitness: "All of our punch cards are \$40-off until January 6," says Lyn, a tactic that fits the bill for a club offering a

risqué way of working out.

"With the new year people are more willing to try new things and challenge themselves. It's a time when you dare yourself to do the things you've always wanted to," says Coquitlam resident Rachel Harrison.

But not all agree that the post-holiday fitness trend is as big as it once was. Alden speculates that the habits of gym patrons are going full circle.

"I think it's more of a myth nowadays. A lot of people think that new year's resolution [time] is when a lot of people are going to start going to the gym. I think it was like that about five years ago. In my experience working in the

gym industry I found that people are almost scared to start going to the gym. So it's almost like reverse psychology. Some people don't want to go to the gym in January because it's going to be so packed; it's going to be so busy."

Although the rising focus on health and fitness within the media may be influencing a year-round healthy lifestyle trend—replacing the sporadic influx of people attending gyms and fitness centres in the new year—there currently remains a general rise in attendance in January and February.





Members of the Media and Tokyo Electric Power Co. Employees wearing protective suits and masks // By Tomohiro Osumi

# Fukushima nuclear clean-up plagued with corruption

» Japan recruits homeless men for one of the world's least desirable jobs



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Employment rates in Japan are on the rise as clean-up efforts at the Fukushima Daiichi nuclear facility ramp up.

The Japanese government has reportedly allocated billions of dollars on the “rebirth of Fukushima.” The Fukushima Daiichi nuclear plant experienced a meltdown in the aftermath of an earthquake and tsunami in 2011. The

natural disaster killed approximately 18,500 people and left countless others displaced.

A lack of applicants for positions at the nuclear site prompted the Japanese government to ask recruiters for assistance. The program rewards recruiters with \$100 for each worker found.

While the government meant for this to be a reasonable measure to speeding up the clean-up effort at the Fukushima plant, recruiters have taken advantage of the program, recruiting homeless Japanese men to work for less than minimum wage. Even

Japan’s notorious Yakuza gangs have been in on the action, with reports that up to 50 different Yakuza clans are operating in and around the Fukushima area.

With the clean-up effort behind schedule, the Japanese government and the contractors involved in the clean-up are pulling out all the stops to bring the clean-up back on track. Japanese residents, however, are not willing to work in such a high-risk area for the little compensation they would be receiving.

Vulnerable workers are often housed in a small

apartment with numerous others, leading to having no personal space. Contractors would take costs associated with housing and food off of a worker’s wages, leading to very little net compensation for the people doing the work.

Seji Sasa, a recruiter, told Reuters of the corruption that routinely occurs: “So if their employer decides to skim their wages or charge them exorbitant amounts of money for food, for heating, for coffee, for cigarettes, for whatever, very often, they don’t get paid in advance, or they don’t get paid weekly, but they

sometimes get paid in 45 day instalments and these people have very little or nothing.”

Some gangsters have been arrested for sending workers to the clean-up site without a licence, and one admits to pocketing upward of \$60,000 in his workers’ wages in a two-year period.

There are approximately 8,000 registered workers currently at the Fukushima plant and contractors say they require at least 12,000 workers to bring the clean-up back on schedule. The full cost of the clean-up has been estimated at \$125-billion.



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Seen something worth sharing?

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review

# Wall Street gone wild

The cast of *The Wolf of Wall Street* // By Mary Cybulsk



**Cazy Lewchuk**  
Staff Writer



*The Wolf of Wall Street* is based off the autobiographical novel by Jordan Belfort, a man who rose to power and riches in the stock market in the 1980s and 1990s. To do so, he scammed over many customers and businesses, and is still paying for his crimes today. This movie tells the story of his rise and fall, and the crazy nature of Wall Street. It's a dark comedy, with many scenes of both hilarity and drama.

The film stars Leonardo DiCaprio, Jonah Hill, Matthew McConaughey, and a fabulous supporting cast.

DiCaprio is one of the finest living actors. He will be remembered for decades to come as another Marlon Brando or Jack Nicholson. The man has yet to win an Oscar for any of his powerful roles, but his performance as a drug-addled, corrupt, hedonistic businessman just might do it. DiCaprio has a knack for playing a charming, untrustworthy gentleman in films—*The Great Gatsby*, *Catch Me If You Can*—and this is no exception.

However, the role never feels unbelievable or typecast. In most movies, DiCaprio is playing a version of himself; in this one, he truly gives the impression of playing a different character. Maybe it's the hair dye, but the guy is almost 40 and he doesn't look a day over 26. Belfort is a complex character with some very intense scenes, especially

the ones where he's tripping high on every kind of drug imaginable. His manic drug states left me laughing, crying, and terrified—sometimes within seconds of each other.

The rest of the cast also deliver stellar performances, like Jonah Hill, who plays Belfort's equally corrupt business partner. Although he has tons of funny moments (a scene of him exposing himself at a party brought the theatre to tears), the role is somewhat more mature and complex than what he plays in most of his movies. It's refreshing, and showcases Hill's natural talent.

Matthew McConaughey, although featured heavily in the advertising, is only in the beginning of the film for a couple scenes. Despite his lack of screen time, he steals the show and plays an important role in the story. The

movie has a lot of characters, but McConaughey stands out in his corruption and hilarity as a top stockbroker.

Visually and aesthetically, the film does not disappoint. Martin Scorsese is of course well-regarded as one of the greatest directors of all time, and he continues this reputation into the 21st century. *Shutter Island* and *The Departed*, both starring DiCaprio, are just a few of his recent hits, proving the bond the two have as director and actor.

The film also contains many cool cars, beautiful houses and scenery, and gratuitous amounts of fan service. There's a lot of nudity for both genders. The cast is pretty attractive, and it's definitely a thrilling ride (literally, in the car and boat scenes).

A good movie makes you think and reflect—even better

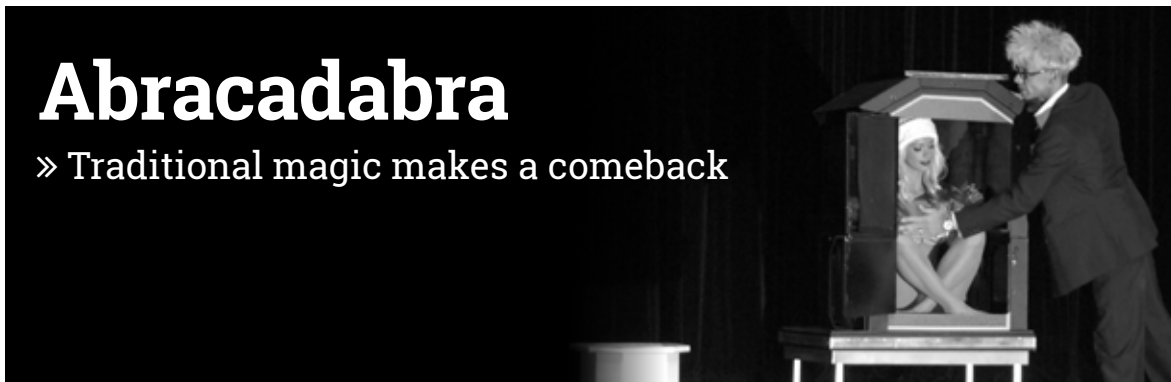
if it's able to do that without shoving an opinion down your throat. *The Wolf of Wall Street* gives a message about the super-rich and the ways they scam the working class. Belfort's lifestyle of being super rich, doing lots of drugs, and hooking up with gorgeous women may well seem appealing to the viewer—at least in the first half. It never completely suggests Belfort is a truly evil man, nor does it make us sympathize with him much. One is left to draw their own conclusion and think of him as a complex character, as he is in real life.

It was the final movie I saw in 2013, and definitely one of the best; lots of Oscar buzz generated, I imagine. I highly recommend it—a full three hours of great fun, excellent story, and everything that makes Hollywood what it is.



# Abracadabra

» Traditional magic makes a comeback



Illusionist Murray SawChuck puts his assistant, Cloe Louise Crawford into a magic box // By Cheryl Minns



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**M**agic is a form of entertainment that is forever changing, from classic magic acts like pulling a bunny out of a hat to more elaborate illusions like the work of David Copperfield or Criss Angel. But last year, the film *Now You See Me* showed how entertaining traditional magic—like finding an audience member's card in the deck, or making a bunny disappear—can be. So what better way for magician and stage illusionist Murray SawChuck to close the year than with a traditional magic show at the James Cowan theatre, featuring classic tricks that pay tribute to the magic he first performed in his hometown of Burnaby over 20 years ago.

SawChuck began his show—a routine taken straight from his Las Vegas performances—with a question for

the audience: do you want to be entertained, or do you want to know how these tricks are done? His show offered both, entertaining audiences with illusions like making his beautiful assistant disappear while also demonstrating how a few of his tricks are done.

He explained how a vase of flowers disappeared from a table when hidden under a large cloth, showing that he hit a trigger mechanism that sent the flowers into the table leg. He also revealed how a double-sided domino card can show a different number of dots each time it's turned over—such as five to one to four—with the secret being that he covers different dots on the card with his hands so it appears like the card changes.

The show also featured a variety of classic card tricks, such as tossing a deck of cards into the air and stabbing the correct one with a sword. There were also simple illusions, such as tearing up a newspaper and then reassembling it. These tricks showed that sometimes simpler is better, because the tricks look so basic

that you might think you know how it's done until SawChuck turns around and produces a shoe out of the newspaper he just reassembled—the same shoe he got from an audience member at the start of the show!

SawChuck closed the show with an illusion that would keep people guessing how he did it. He got his assistant Lefty (magician Doug Leferovich) to lock him in a large wooden crate with industrial chains and then hold a red curtain in front of the crate. Suddenly—poof!—SawChuck was the one holding the curtain and Lefty had disappeared. SawChuck went back to the crate and unlocked the chains, opening it to reveal his gorgeous assistant and wife Chloe Louise Crawford! Lefty was nowhere to be seen, until he returned to the stage for a final bow.

Magic is all about image and entertaining an audience, so whether a magician chooses a traditional style and performs classic tricks or attempts to shock an audience with an incredible illusion, as long as the audience has fun, that's all that matters.

## Comic Corner: Going beyond a cancelled cartoon

» 'Batman Beyond: Hush Beyond' review

**Brittney MacDonald**  
Columnists



**I**f you're not familiar with the old *Batman Beyond* cartoon from 1999, then you're not alone. The cartoon lasted for a single season and inspired polarized opinions from DC Comics fans; it brought something different to the Batman franchise. The comic series from 2011 maintains the original feel of the old cartoon but in a far sleeker, more adult way, despite the clunky looking covers.

*Hush Beyond*, written by Adam Beechen, takes up where the cartoon series left

off, allowing people familiar with the cartoon to enjoy it while also explaining enough of the backstory through flashback so that people new to the *Batman Beyond* universe will be not be alienated from the series. However, it does require some basic knowledge about the Batman franchise.

Terry McGinnis, the new Batman being taught by an older Bruce Wayne, battles both new and old villains in a futuristic Gotham City metropolis. When witnesses start reporting seeing Hush—one of Batman's greatest enemies—the pair turn to Wayne's old partners like Dick Grayson (Robin/Nightwing) for insight. It's fairly obvious that at least a

couple of them remain a little bitter towards the Dark Knight for the trials of their youth.

Stylistically, the art is very traditional, but Ryan Benjamin and David Baron do a very good job of keeping the dark, gothic feel of Batman without making their panels appear overcrowded or muddy. However, the covers by Dustin Nguyen seem anatomically disproportionate. The broad chests and thick waists appear odd next to Benjamin's sleeker character designs within the graphic novel.

As a fan of dark futuristic settings, I would recommend this series for fans of Batman looking for something a little different.



Orlando Bloom and Evangeline Lilly // By James Fisher

## Middle Earth sees a lot of action that leads nowhere



**Julia Siedlanowska**  
Staff Writer



**I** must admit, I'm not a fan of the literature upon which The Hobbit films are based. Not because I don't like the book, but simply because I haven't read it. Somewhere around the third Harry Potter book, I left the fantasy fiction realm behind and haven't looked back since. However, I have seen The Lord of the Rings movies and, by comparison, The Hobbit: the Desolation of Smaug has an apparent lack of consistency and arc.

The awkwardness of doing a sequel to a prequel sets the stage for major disappointment or further fan enthusiasm—either way, it's a guaranteed box office hit. I unfortunately feel that the fans were slightly abused with this film.

The first film in the series, *The Hobbit: An Unexpected Journey*, left me excited to see the next film and hoping for a conclusion; this is something I didn't get. My greatest disappointment with the film is that nothing happens! Stretching one book into three movies in this case seems to be completely unnecessary.

Full of little Hobbits and nerdy (at times very endearing) humour and not a whole lot of substance, the film strings together a plot that is easy to forget and lose within the constant action. Stories and relationships with the characters are barely engaging enough to string together the series of fights and miraculous recoveries by the team of characters.

You sucked me in once, Peter Jackson, but I won't come along for the third instalment.

There is no comparing Jackson's earlier endeavour, *The Lord of the Rings*, to *The Hobbit*. If you want some light entertainment



# What Debbie did

» An excerpt from the novel 'Darkness'



**Cazy Lewchuk**  
Staff Writer

The first 33 years were pretty normal.

The next 56 were the most brutal experiences I can imagine.

If there is a Hell and I am destined there, I can only imagine that I am already descending into its depths. If there is a Heaven—and every day I still imagine there is, somehow—the Lord will have to explain His reasons behind what He has put me through.

Deborah Hunter, née Ridge. That is my name. Or it was, to the eyes of the public. I have all kinds of names these days, but my friends still know me as Debbie or Deb. I grew up in the dirty '30s when we were all poor. Married a sweet young boy from high school. Cried for days when he was whisked away to fight for our country. We rejoiced when he came back unharmed, we settled down, we had two beautiful children and a bun in the oven. Was it a sin, that I did what my friends did and stayed at home to raise my young ones? God put me on this planet to do something more. If there was one good thing about that night, it's that I realized my life was designed to do more things than many others'.

I just wish those things weren't so awful.

I have never been proud. Never. Maybe on the surface, I was proud that my husband loved me and that I maintained our house and children okay. But I was never the exceptional girl in school or at my call centre jobs. I have never made a

beautiful work of art or recorded a hit song. Everything that I have done in all my years of existence was done for my family and to survive. The satisfaction isn't there.

I cry, every day. Most of the time they don't notice. Sometimes they laugh, but mostly they leave me alone. It's kind of them, I suppose. I pray and I wash and do what I can to get rid of the sins—oh, so many sins!—that plague me daily, but nothing helps.

What caused Him to condemn me to this life? Was it the penny candy I took from a shop when I was a girl? I had stomach pains for a week. I could barely move and I bawled and told my mother everything. She whacked me and forced me to apologize to Mr. McGill who owned the shop. Was that not my penance?

Perhaps it was the far more serious sin I committed the night before my boyfriend left for Europe. We knew it was wrong, but I might never have seen him again, and it felt so beautiful! We were alone and in my bed and oh, I felt better than I had ever felt! The passion!

But of course he came back and we had many more nights like that one. We were married afterwards, and it was never a sin again.

Why did God care? Why did he send *them* that night, years later? And if God truly does care, then why has he never seen fit to judge me about everything I've done in the decades since? Perhaps He is just waiting to judge when I somehow escape this life... this miserable world... and I can truly suffer in the afterlife for what I've done.

I do deserve it now.

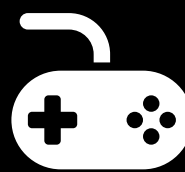


By <http://vintagehandbook.wordpress.com/fashion/1930s-fashion/>

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## Steven's Man-Cave: The latest and greatest in video game news



» An introduction



**Steven Cayer**  
Senior Columnist

Welcome to my Man-Cave. A few things you should know about me: I'm 21, I'm wheelchair-bound, and I greatly enjoy playing video games—the

latter being the purpose of this column.

Each week, I'll offer my opinion on a wide variety of video games, both old and new. I have a PS3, PS4, and a Wii U. So if you only have an Xbox 360 or Xbox One, my goal is to get you to join me and my Sony/Nintendo brethren.

All right, let's begin. This

week, I want to say to all of the people who are on the fence about whether or not to get a PS4 now, you should wait until February or March, because there's a slight chance it might go down in price by then. Also, the best-looking games are coming out then.

After almost a whole decade, *Thief* is back and

looking so good. It comes out on February 25 for PS4 and Xbox One.

One of the most infamous games on the PS3 is getting a whole new story with a new main character. Yes, *Infamous: Second Son* is coming out on March 21.

Of course, I haven't even scratched the surface. Don't

worry, I'll try to cover as many games as I possibly can—while having fun of course.

Catch you next week in the Man-Cave!



# Under the Feminist Microscope: Finding feminism in film

» Meet the Mo Movie Measure



**Julia Siedlanowska**  
Staff Writer

My jaw dropped as I recently watched Leonardo DiCaprio on-screen snorting a line of coke from in-between the two mountainous butt-cheeks of a woman in *The Wolf of Wall Street*.

The film prides itself with a lot of swearing and, more jarringly, a lot of naked women. I enjoyed the film for the most part, despite having to hold my head to keep it from exploding with the amount of overt chauvinism and female nudity.

The movie either demeans women into mere sexual objects, or forces them to take on severely male characteristics and behaviours in order to succeed in the business world. I'm not sure that the unfortunate ending for the protagonist (played by DiCaprio) is enough to categorize the story as a condemnation of the male-dominated system.

This is one of the countless films that fails to pass the Bechdel test. Based on a 1985 comic by feminist Alison Bechdel, *Dykes to Watch Out For*, the rule is used to identify a gender bias in a work of fiction and is commonly used in film. It is also referred to as the Mo Movie Measure. Although it isn't a very detailed or specific examination into each work, the test is a simple way to bring attention to the lack of well-developed female

characters in drama and the general sexism in the TV and film industry. In order to pass the test, a film must meet the following three requirements:

1. It must have at least two women in it...
2. ... who talk to each other...
3. ... about something other than a man.

Sounds simple, right? Which makes it all the more sad is how many films don't make the cut.

But all is not so bleak. TV dramas like my latest favourite, *Orange is the New Black*, feature filmmakers who are pushing the boundaries for women. Created, written, and produced by Jenji Kohan—a woman—*Orange is the New Black* is a drama that excites, grips, and challenges heteronormative and gender bias television.

This show and many others will be reviewed "under the feminist microscope," so to speak, in this weekly column. In a world that is largely indifferent to gender inequality within the arts, there needs to be a voice that challenges and critiques. This new column is an examination of the inherent and sometimes sneaky gender bias in film, television, theatre, literature, music, and anything falling into the category of the arts. My goal is to celebrate works that celebrate women—and challenge the works that don't. Inequality is something we need to get upset about. Feel free to argue with us at any point. In fact, we encourage it.



Orange is the New Black (top), Parks and Recreation (middle), Girls (bottom) // Netflix/NBC/HBO





## This issue:

- ✓ Facebook Files: self-censorship and social media
  - ✓ Lunch of the Week: Tin it to win it
  - ✓ 10 dance moves due for a comeback in 2014
- And more!

Have an idea for a story? Let us know!

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# New year, new workout soundtrack

» The best songs to get your body moving in 2014



**Julia Siedlanowska**  
Staff Writer

New year's resolutions, yada yada yada—I personally don't believe in them. I think arbitrary changes over the course of the calendar year have little to do with my life, and I'm sure most of us think of our years more in terms of the school year anyway. I prefer to set my resolutions regarding specific life goals and changes, and January 1 is little more than a tiny landmark in the sad Vancouver winter for me. However, if one thing about the new year is for certain, it's that it takes place after a month or more of extreme indulgence.

This tends to lead to an increase in fitness levels for a few weeks, or at the very least, crushing guilt.

But how do we deal with this guilt? Do we sit on the couch and ignore our nagging conscience? Or do we go out and do something? Yeah, ok—I know the frenzy will really start just before bikini season (born procrastinators that we are), but if you do want to go for that run or burn off those gingerbread men, there's something to help you along: music.

I'm not ashamed to admit that feeling like Rocky Balboa is part of the charm of going for a nice long jog, or that Kendrick and Miley motivate me on a daily basis. Making fitness fun is one of the best ways to actually get you going,

to help turn "I should" into "I just did." Whether it be yoga, sex, running, dancing, or going to the gym, there's a whole slew of songs that are just the right accompaniment to any physical activity. Scientists say that the best music to work out to is between 120 and 140 beats per minute, placing a lot of recent pop and club tracks right in the sweet spot.

Last year saw the rise of a new, dancier Miley, and the surprise of Beyoncé. Popular music continued to numb us with pathetic lyrics and beats, and rising new artists continued to surprise us. Fantastic music from other parts of the world continues to delight our senses as globalization pushes it overseas and onto our radio waves: I wish only to hear more.

## Here is my selection of 10 songs to motivate you this January:

- 🎧 **Trance Dance:** "CHATTAAHOOCHEE" by Dimitri Vegas & Like Mike
- 🎧 **Get Crazy:** "Watch Out for This (Bumaye)" by Major Lazer ft. Busy Signal, The Flexican, and FS Green
- 🎧 **Fav Dance Song:** "Animals" by Martin Garrix
- 🎧 **Fav Sex Song 1:** "Latch" by Disclosure ft. Sam Smith
- 🎧 **Fav Sex Song 2:** "Do I Wanna Know" by Arctic Monkeys
- 🎧 **Pump Up:** "Radioactive" by Imagine Dragons
- 🎧 **Get Jacked:** "Fuckin' Problems" by A\$AP Rocky ft. Drake, 2 Chainz, and Kendrick Lamar
- 🎧 **Motivate:** "I Love It" by Icona Pop ft. Charli XCX
- 🎧 **Guilty Pleasure:** "Mi Mi Mi" by Serebro
- 🎧 **All Time Fav:** "Breezblocks" by Alt-J

# It's the time of the season for changing

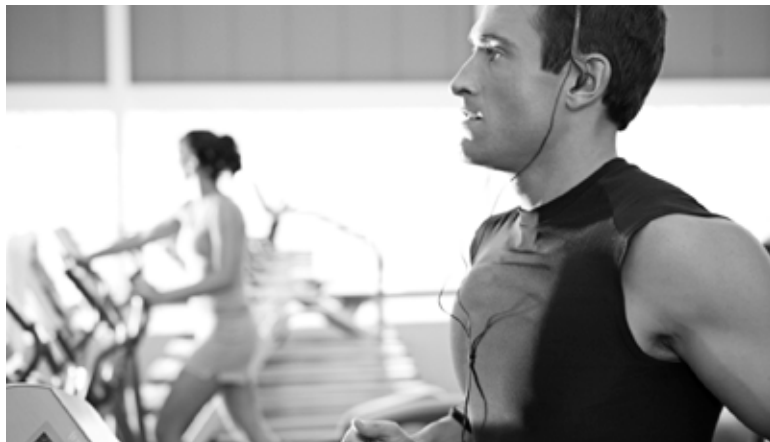
» Hitting refresh



**Natalie Serafini**  
Assistant Editor  
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The new year is an opportunity to be and do better, but it's easy to feel overwhelmed at the prospect of deciding what to change, how to change, and how to make the changes stick. Resolutions taper off as January ages and our resolve grows stale, so here are some templates for gradually improving something that you want to ch-ch-ch-change!

**Losing weight/getting healthy/updating your workout routine:** First off, be realistic. Don't aim to lose 20 lbs in 10 days because, honey, that's not gonna happen. Start by deciding on a final weight goal, then aim to lose approximately one pound a week until you reach your final goal. It's manageable and healthy to take on this "slow and steady wins the race" mentality, and feeling like you're succeeding by meeting your weekly goals will keep you on track and feeling encouraged. Make the process fun by finding a friend with a



Be realistic. Set small attainable goals // By predatornutrition.com

similar goal: work out together or compare recipes. And speaking of fun, make sure to choose a workout class that you truly enjoy. You aren't going to want to go to some class that you grimace your way through, but if you're having fun you'll actually exercise. I've found that I love kick and box, but dancing it up at a dance class, stretching through yoga, or strengthening through Pilates are all great options. Find what you enjoy, and you'll find that you're more willing to stick with the exercise program.

**Changing your look:** Maybe you want to change your hair, or make your wardrobe more

professional. Whatever the case, manageability is a factor here. You likely don't have the funds to completely revamp your wardrobe, so see about investing in a few key pieces, like a tailored blazer, or a pair of shoes that will last a long time and still look killer.

If you want to update your hair, don't make any drastic changes if you're uncertain. Consider your lifestyle and your comfort level: if your hair is really curly and you don't like high-maintenance locks, don't get bangs. If you're not sure you'll be comfortable with a pixie cut, don't chop your hair completely off just yet. You can

still ease into shorter hair by taking your length up gradually over the course of a series of cuts every couple of months, rather than lopping it off in one fell snip. There's something to be said about leaping in and trying something for the hell of it, but too drastic a change can make you miss your mane. Consult with your hairdresser about what will work for your hair type and face shape, and consider how you'd handle a drastic change.

**Facing a fear:** Facing a fear can be tough, but if you approach it gradually—and with some help—it can be dealt with. Depending on how debilitating your fear is, you might need the help of an experienced professional, or a group of people with similar fears. A fear of flying, for example, might require the help of someone who knows how to gradually address the fear; facing social anxiety with a group of people who struggle with the same anxieties can make you feel less alone.

Maybe you don't have a debilitating fear, in which case you can challenge yourself on a regular to semi-regular basis. If

you're afraid of trying new foods, go to a restaurant and order something you've never tried before. If you're afraid of asking someone out, push yourself to do it anyways—what's the worst that could happen? (And remember, the worst that could happen probably isn't going to happen.)

**Addressing a bad habit:** Habits can become really ingrained in our behaviour, so this can be a difficult resolution. Whatever makes it easier for you to address the habit, do it. Seek support from a friend, make gradual changes, or quit cold turkey. It's not easy, so realize that it might take time and effort. Aim to stay on track—even if you set arbitrary goals—and reward yourself for your accomplishments.

It can be difficult to decide how you want to improve on your fabulous self, and maintaining the changes you want to make can be difficult as life and obligations get in the way. If you focus on longevity, rather than drastic and immediate change, you'll likely find that your changes last you long after January ends. Good luck!



# Don't take your vitamins



» A New Year's resolution we can—and should—stick to



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What do Eliseo Guallar, MD, DrPH; Saverio Stranges, MD, PhD; Cynthia Mulrow, MD, MSc; Lawrence J. Appel, MD, MPH; and Edgar R. Miller III, MD, PhD all have in common? Besides being big-deal scientists and having way more letters after their names than you or I will in four years, they all say not to take your vitamins.

Conventional wisdom has always told me that an important part of being a healthy person involved washing down a shot glass full of multi-vitamins with my Tropicana Pulp-Free each morning, and every day that I didn't take my vitamins (so, every day) was another day that I would feel a little twinge of shame. But just in time to assuage my growing guilt and stop the annual wave of new year's healthy goal-setters, the above influential names in medicine have published an editorial entitled "Enough Is

Enough: Stop Wasting Money on Vitamin and Mineral Supplements" in the American College of Physicians' *Annals of Internal Medicine* journal.

This isn't the first time that vitamins have come under fire as a mostly useless sham, but it is probably the most definitive time, as the *Annals of Internal Medicine* is very influential and well-respected. And hopefully their words will start to make a dent in Canada's health products and vitamin industry, which, according to the Canadian Health Food Association, is worth \$3.5-billion (still nowhere near America's \$28-billion industry).

Ample research clearly places vitamins in the department of magical thinking, which is the idea that certain actions will have positive outcomes, even when there is no scientific evidence—and in fact, evidence to the contrary—to back it up. Along with their editorial, *Annals* published three articles that analyzed large sets of existing data surrounding the efficacy of vitamin supplements for general health and for prevention of chronic

disease, and they reported in their editorial that "Most supplements do not prevent chronic disease or death, their use is not justified, and they should be avoided." They also added that in the United States and similar countries that have access to a balanced diet (for the most part), it is even more unnecessary to supplement with vitamins.

Further, *Annals* found that some vitamins (such as "β-carotene, vitamin E, and possibly high doses of vitamin A supplements") can actually be harmful for you. And despite continued studies regarding their efficacy (or lack thereof!), the vitamin industry continues to grow in the US as people presumably continue the search for the magic pill that will solve all of their imaginary problems.

I'm taking a stand this year, resolving to keep doing what my lazy self has always done and forgo the expensive vitamins. Maybe instead of shelling out cash on marked-up snake oil, I'll spend that money on a tried-and-true source of valuable nutrients: vegetables.

## L&S LISTED:

### 10 dance moves due for a comeback in 2014

If Google's yearly search rankings are any indicator (and they are), twerking captured the world's collective imagination in 2013. "What is twerking?" was the top "What is..." search of the year, which bodes well for the dance move's continued popularity, but also begs the question: which long-lost dance move is due for a comeback in 2014? L&S Listed presents our shortlist.

1. The Mashed Potato
2. The Moonwalk
3. The Electric Slide
4. The Robot
5. The Humpty Dance
6. The Hammer Dance
7. The Macarena
8. The Hand-Jive
9. The Worm
10. Planking



## Lunch of the Week: Tin it to win it

» Whatever it is, put some tuna in it



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Let's talk about protein. Specifically, let's talk about how the amount of protein in a tin of tuna can give your body the energy it needs to get you to your next meal.

There are a lot of plant- and dairy-based ways to get protein, such as oats (13 grams per half cup), tofu (10 grams per half cup), kale (three grams in one cup), or cottage cheese (13 grams per four ounces). However, the protein that comes from animal sources contains all nine essential amino acids (amino acids that your body doesn't produce on its own),

making it a complete protein. Tinned tuna is a lunchtime hero, which is why it's my Lunch of the Week nominee to help you stick to any diet-based resolutions you might have made.

When eaten with carbohydrates, protein extends the amount of time that the carbs release energy into your body. It makes that 10 a.m. cereal binge seem like not such a bad idea, as long as you follow it with a hard-boiled egg—which contains approximately six grams of protein.

So how much protein do we need? The average Canadian adult needs 0.8 grams per kg of body weight per day (unless you're an athlete, then you need a bit more at 1.2-1.4 grams/kg/day). So, a 180-lb person needs

to consume about 65.5 grams of protein daily to ensure they have enough pep in their step and enough body fuel to build and repair muscles. Which is why the 15 grams of protein found in one tin of flaked light tuna in water can provide the boost your diet needs to kick you into the protein sweet spot.

### Here are some great ways to slip tuna into your lunch:

- Make a tuna pasta salad with tuna, mayo, cold pasta, tomatoes, celery, and whatever other vegetables and spices you want to add.
- Make a tuna casserole for dinner and then bring the leftovers to school the next day.

- Add a tin of tuna to a green salad from home, or greens from the cafeteria salad bar.
- Eat it plain with crackers.
- Rip off Starbucks and make your own tuna wrap, with thai spices, carrot, and cabbage.
- Put it in Kraft Dinner (seriously—don't judge me).
- Add it to a bowl of plain rice with some vegetables.
- Tuna travel tip: buy no-drain tuna to save on a mess at school, or drain it at home and take it in your Tupperware.

- Tuna enjoyment tip: Store it in your fridge so it's nice and cold if you need it for a salad or sandwich.



Flickr creative commons/  
Michael Francis McCarthy



# Dropping the ball on

# New Year's resolutions

## » Why we make them and why they're designed to fail

You're at a party. The whole room has erupted in a festive countdown, with everyone chanting in unison. Maybe your midnight kiss is on standby next to you or maybe the only mouth you plan on kissing is on your next beer bottle. As the final seconds of the past year dwindle away, you find yourself looking back on the previous 365 days, inevitably zeroing in on where you went right or wrong. Will the next year be any different? Might this finally be *your* year when you make nothing but good decisions and finally nix those self-destructive habits?

The defeatist (though realistic) answer is probably not. Predictably—and yet, to some, surprisingly—the chances of you keeping that New Year's resolution hovers around the eight per cent mark. Out of every hundred people who wish they could make more friends, get a raise, and fit into smaller clothes, only eight of them are likely to succeed. In spite of this depressing wasteland of failure, making a resolution is almost expected of people. So where did these annual goals come from? How did they become a fixture in our goal-orientated mentality? And why is it that despite all the good intentions and resources available, most resolutions go unresolved?

If you think New Year's resolutions are only for characters in cheesy romantic comedies, you might want to reconsider. Only 38 per cent of the population say they “absolutely never” make resolutions, meaning 62 per cent of them do at least occasionally. However, the daunting failure rate has likely caused people to begin to wane on making said resolutions, as a 2013 poll from CBS showed a 10 per cent drop in people who made resolutions from two years prior.

As for where the act of making a New Year's resolution comes from, the tradition can be traced all the way back to Babylonian times. Every March, people would set goals for themselves with the intention of doing good for the overall community. However, the tradition was shifted to January by the Romans and it became more similar to the self-focussed resolutions of modern day. Obviously there is no data available for how well previous generations fared in their New Year's goals, but I'm going to make the assumption that for as long as people have been making resolutions, people have been putting in a mediocre effort and abandoning them a few weeks later.

So why is it that after all these years, people still find themselves mentally mapping out their personal improvements for the coming year? You could easily disregard it as a novelty tradition,

but there's more to New Year's resolutions than just empty promises. According to Dr. John Duffy, a clinical psychologist and life coach, “Most of us have a natural bent toward self-improvement.” An added bonus is that, by setting a specific starting point (such as January 1), it “gives us time and a goal date to prepare for the change, to fire up for the shifts we plan to make.” It's a natural thing for humans to want to improve themselves and a shifting calendar year provides the perfect opportunity.

Another reason why people make New Year's resolutions is, much like the habits they're trying to break, they're simply used to making them. Forty-five per cent of people “usually” make resolutions, and because humans can be so habitual, a person might not even stop to consider why they're making resolutions in the first place.

So now that we know where New Year's resolutions come from and why people make them, it's time to answer the burning question: are they effective?

The unfortunate reality here is that by the time of this article's publishing—a bit over a week into 2014—a significant percentage of resolution makers will have already broken their own self-made goals. Only 75 per cent of people make it past the first week, which plummets to 64 per cent after the first month. At the halfway point in the year, only 46 per cent of people have stuck with their resolutions. If you're looking for simple pass/fail percentages, only eight per cent say they successfully keep their resolutions while 49 per cent have “infrequent success.” Even if you're not a math person, it's easy to see the numbers aren't in your favour.

While it's disappointing to hear, there's an actual scientific reason why we're unable to stick with our resolutions. The area of our brain that's responsible for our willpower, the prefrontal cortex, is also in charge of things like short-term memory and staying focussed. Because an enormous amount of willpower is needed to maintain your resolutions, it ends up overloading your prefrontal cortex. This is why longevity becomes a problem if your resolution is long-term orientated.

With all of the statistics and biology working against you, it might be easy to simply forgo making New Year's resolutions from now on. I personally wouldn't go so far as to say resolutions are pointless (okay, they largely are) but the intentions behind them are well-meaning, and that's a good starting point. Instead of

setting goals for the new year, you need to focus on building habits. They're harder than goals because they take more time to develop, but they last longer. Ask anyone who's a regular smoker; once you start a habit, it's hard to stop.

Now, I know what you're thinking. “Developing healthy habits sounds like a lot of work. Isn't there a faster, easier way to make my resolutions come true?” Through hours of research and personal experience, I've come to believe that since resolutions are hard to accomplish, you should simply make resolutions that are the exact opposite of what you want to have happen. For example, let's say someone tells me that their resolution is to be more involved with the *Other Press*. After my initial “Awww!” moment, I would likely tell them to tweak the resolution slightly: “Your resolution should be to distance yourself as far as possible from the newspaper and avoid contributing. That way, through the power of reverse psychology, your resolution will fail and you will undoubtedly become a prominent figure in the *Other Press* community.”

So there you have it. You know where New Year's resolutions came from, how commonly they fail, why you fail, and my very own signature *Quick Fix to New Year's Resolutions™*. What it all comes down to, though, is how you want to approach the next year. Yes, 2014 could be the best year of your life where all of your wishes come true. Or it could be just as shitty as the last year. It's entirely in your own hands to make it happen.

Oh, and in case you're wondering: I did indeed make a New Year's resolution for myself. My goal is to not go parasailing for a whole year. I've never parasailed in my life. Wish me luck!







**According to a study by the University of Scranton, the following are the top New Year's resolutions for 2014 (in ascending order of popularity).**

1. Lose weight: a sizeable 38 per cent of all resolutions made were related to a person's weight, likely coinciding with the 36 per cent of all American adults who are medically considered obese.
2. Get organized: whether it's your computer's desktop folder or the hodgepodge lurking in your medicine cabinet, it doesn't have to be spring for you to do some cleaning.
3. Spend less, save more: like flossing every day or using condoms, it's something people love to advocate for but is harder to actually follow through with.
4. Enjoy life to the fullest: not every day is going to be a Mary Poppins song, but I suppose it wouldn't hurt to occasionally throw a smile instead of shade.
5. Stay fit and healthy: a safer resolution to make instead of the "lose weight" trap. Unlike dropping pounds, there's no finish line for staying healthy (besides death, of course).
6. Learn something exciting: women are more likely to have an intracranial aneurysm a.k.a. a brain aneurysm. Isn't learning fun?
7. Quit smoking: except for when you're drinking, right?
8. Help others in their dreams: just find someone who has the same goal and you've got your very own mutually beneficial resolution.
9. Fall in love: for a bit of perspective here, how is it that falling in love—supposedly one of the greatest, most sought-after human experiences—is two spots behind stop damaging your lungs?
10. Spend more time with family: a great feel-good goal in theory, but as someone who just spent time back at my parents' for the holidays, family time is an activity best kept hypothetical.





A student handles peer rejection like a mature adult // By Joel McCarthy

# Facebook Files: self-censorship and social media

» Facebook Files: self-censorship and social media



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I always assumed that people were second-guessing their status updates and comments on Facebook—and then the social media giant confirmed last month that yes, people self-censor, and yes, Facebook has access to this unsent information.

Slate.com reported in December that Facebook published a “study of the self-censorship behavior collected from 5-million English-speaking Facebook users,” using data collected from information that Facebook gets from your

browser. They don’t know what you write, but they do know that an alarming (to them) number of people are typing stuff, then deleting before they hit send.

But why does Facebook even care about what we choose not to share? Because as with any free, mainly ad-funded social media site, when you use Facebook you are not the consumer but the product. Slate.com’s Jennifer Golbeck elaborates: “Facebook considers your thoughtful discretion about what to post as bad, because it withholds value from Facebook and from other users. Facebook monitors those unposted thoughts to better understand them, in order to build a system that minimizes

this deliberate behavior.” Facebook doesn’t want you to hold anything back, because what you post creates valuable clicks for them.

Because I spend a lot of time thinking about social media in general and Facebook in particular, I already have a few reasons up my sleeve for why people would avoid saying things. For one, it’s Facebook’s share-everything-you-do model. The model itself breeds self-censorship and shuts down discourse.

For example, I occasionally see posts on my newsfeed that I would really rather not see—often, this isn’t because someone has shared it, it’s because they have commented on it. I can usually take it on

good authority that a friend of mine would be commenting on offensive or disturbing content merely to take a stand against such content, but that doesn’t change the fact that due to how Facebook works, the mere act of interacting with a post further disseminates it.

So, people who want to take offence to a particular post must wrestle with a dilemma: speak out against the offending content while knowing that you will be exposing a good percentage of your friend group to said content, or just let it slide and go unchecked.

I think it’s important to show a little self-censorship in social media. After all, now everyone from Aunt Mildred to second-cousin Susan is on the

website, sending you invites to Candy Crush Saga and posting photos of their holiday centrepieces. It’s more crucial than ever, as we see generations growing up with Facebook in their lives from day one, that we teach ourselves that online communication is as public and lasting as communication can get.

Facebook does indeed create an atmosphere where people self-censor, but likely no more so than the amount people would self-censor if they were screaming in a crowded mall or classroom. So, while Facebook says keep the posts free-flowing, I say clam up a bit. Nobody wants to be friends with an Olivia Overshare!



## This issue:

- ☑ Delay tap-and-pay
  - ☑ Nice guys finish last - but they get second chances
  - ☑ Respectful shrines or highway distractions?
- And more!

Have your voice heard!

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# I'll save it for someone special

» Keep the receipt; you have the right to return the gifts you don't want



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There are many circumstances to gift exchanges, including traditions, hospitality, and romances. Although these gestures are often associated with goodwill and thoughtfulness, gifts can also become temptations, garbage, and good ol' white elephants. Despite the occasional awkwardness that comes with gift giving, nothing compares to the gross attitude of returning gifts.

It often stuns me to see the line-up at department stores, set up specifically for returns. After the holiday season, consumers will find a day to gather all the unopened gifts they've received from Aunt Jane or Uncle Paul and return them for store credits—or if they're lucky, money back. Maybe sometimes Aunt June and Uncle Paul will give their approval for returning their gifts, but who really has the gall to ask?

There is a stigma that

comes with returning gifts, and rightly so. Purchasing presents can often be a stressful chore. Shopping malls become a battlefield, so much so that gift receivers should feel grateful that they got anything at all. But no! The onus should be on the giver to find the perfect gift and not simply settle once their feet are tired from doing the third lap around Metrotown. If you are going to buy someone something, make sure it is something they want, need, or will at least have a chuckle at.

Giving a gift with no thought behind it can be more insulting than not giving a gift at all. Sometimes people say, "It's the thought that counts." Well, was there really any thought at all? Sure you might've thought about them, but you didn't consider their personality, their wants and desires, or even if they wanted you to give them a gift at all—because, hey, maybe they didn't think about you. Not all your acquaintances will consider you gift-worthy, and they might simply omit you from their list for shopping-sanity reasons.

So if you can't confirm that the person enjoys chocolate, save the Ferrero Rocher for someone else; if you can't confirm that the person enjoys reading, don't buy a book (a.k.a. homework); and if you can't confirm that the person wants a tacky antique figurine in their home, well I want it, I love tacky stuff.

Gift giving is an art form; skilled gift givers can read someone, assess their relationship with that person, and offer something of value. But after the gift is exchanged, it no longer belongs to the gift giver; it belongs to the receiver, and it's theirs to do with as they please. Should they choose to return it, re-gift it, or allow it to sit on the shelf until your next visit—to show you how much they care—that is up to them.

Never condemn someone for returning your gifts, because giving a gift is all about making someone happy. Burdening them with your lack of thought is not what you intended, so suck up your pride—it was never really about you.



# [Am] I a Barbie girl?

» Stop toying with body confidence



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“Should toy companies start making Plus-Size Barbie dolls?”

A group called Plus Size Modeling posed that question on their Facebook page last month, and the query—which was accompanied by an artist's rendering of what Barbie might look like if she carried some extra pounds—has ignited some heavy debate over the role an iconic toy like the Barbie doll has in shaping the body confidence of young children. Would having a bigger Barbie make overweight girls feel more comfortable with themselves because they could (literally) play with a plus-sized role

model? Or would having a bigger Barbie encourage obesity in children who might otherwise have been pillars of leanness? In my opinion, neither, because Barbie is—like a Furby or Mr. Potato Head—just a toy.

Whether you personally find the plus-sized Barbie visually appealing or not, how a human-like toy is made to look shouldn't—and I believe, doesn't really—have any significant impact on how girls and women view their bodies. For example, like many little suburban girls, I grew up playing with Barbie. Although most of my doll-time involved giving them haircuts or making them perform extreme stunts off the staircase, I was still engaging in the Mattel-based paradigm of little girlhood. However, I also played with Transformers

and made Optimus Prime act out elaborate romantic tales with my Tamagotchi. If how my toys looked made such a big impact on how I grew up to look and feel about my body, shouldn't I now have a tiny Barbie waist with big wax lips and arms that turn into guns?

While I concede that Barbie dolls do present a fairly unrealistic version of what an average woman might look like (after all, if Barbie were scaled to an average human height, her measurements would be an incredibly disproportionate 36-inch bust, 18-inch waist, and 33-inch hips), I also think that it's a waste of time to worry about marketing dolls to accurately look like real people, because no dolls accurately look like real people. Even the thinnest fashion models are

unlikely to fit in with Barbie's proportions. If this is how this particular toy looks, that doesn't mean that it's a slight to all of the non-plastic girls in the world; it just means that this is the shape that Barbie is most comfortable in.

As for those who are upset by the idea of a plus-size Barbie because they don't find the doll with Barbie's features and a double-chin attractive... well, first of all, no one is asking you to date an artist's rendering of a plastic doll. Also, get over it: humans come in different shapes and sizes. While I don't think that a doll needs to accommodate every possible body type in order for little girls to grow up with good role models and body confidence (since this responsibility should really fall to their parents and

teachers), I also don't think that it's necessary to be, like, mad about a Barbie looking different from how she normally does. After all, if Barbie can be an astronaut and a mermaid, she can certainly be a size 18.

Should doll makers start making a plus-size Barbie à la image created for Plus Size Modeling? As I've stated, I don't think that there is any real moral need to, and in the end I think the answer will come down to the money. If there is a market big enough for a new, plus-sized doll, I'm sure that Mattel will fill it. Hell, they can even call it “Barbie's fun & fat friend, Sharon.” But the classic Barbie has been little girls' doll of choice for more than 50 years, so I won't cry if she keeps on giving them joy, even with her fictionalized physique.



# Delay tap-and-pay

» The desire for quick payment methods leaves us vulnerable



**Aidan Mouellic**  
Staff Writer

I'm consistently amazed by how lazy and anti-social we are here in North America. We do everything we can to minimize human interaction—whether on purpose or as a side effect of our rapidly advancing technologies, I don't know. But on New Year's Day, I was recovering from the previous night's festivities by lying on a couch and ordering a movie on Video On Demand. I used my smartphone to order three pizzas on Pizza Hut's app, and then my friends did something very kind and retro: they paid the pizza deliverer in cash before I managed to get off the couch.

How is that kind and retro? Well, other people paying for food that you ordered is very kind, and using cash to pay for things is fast becoming retro. The prominent rise of debit card and credit card—plastic payments—occurred years ago, but now a new player has entered the payment-method game: tap-and-pay.

Many new credit cards now come equipped with Radio-Frequency Identification (RFID) chips built into the cards, which allows for tap-and-pay actions to be completed at many businesses. Credit cards that allow this function bypass the need to input a Personal Identification Number (PIN)

when completing a purchase, and this is a major security risk. Now, if you lose your wallet or if someone is crafty enough to steal it, they can just pull out your credit card and tap around town, buying gas, food, or Venti soy lattes.

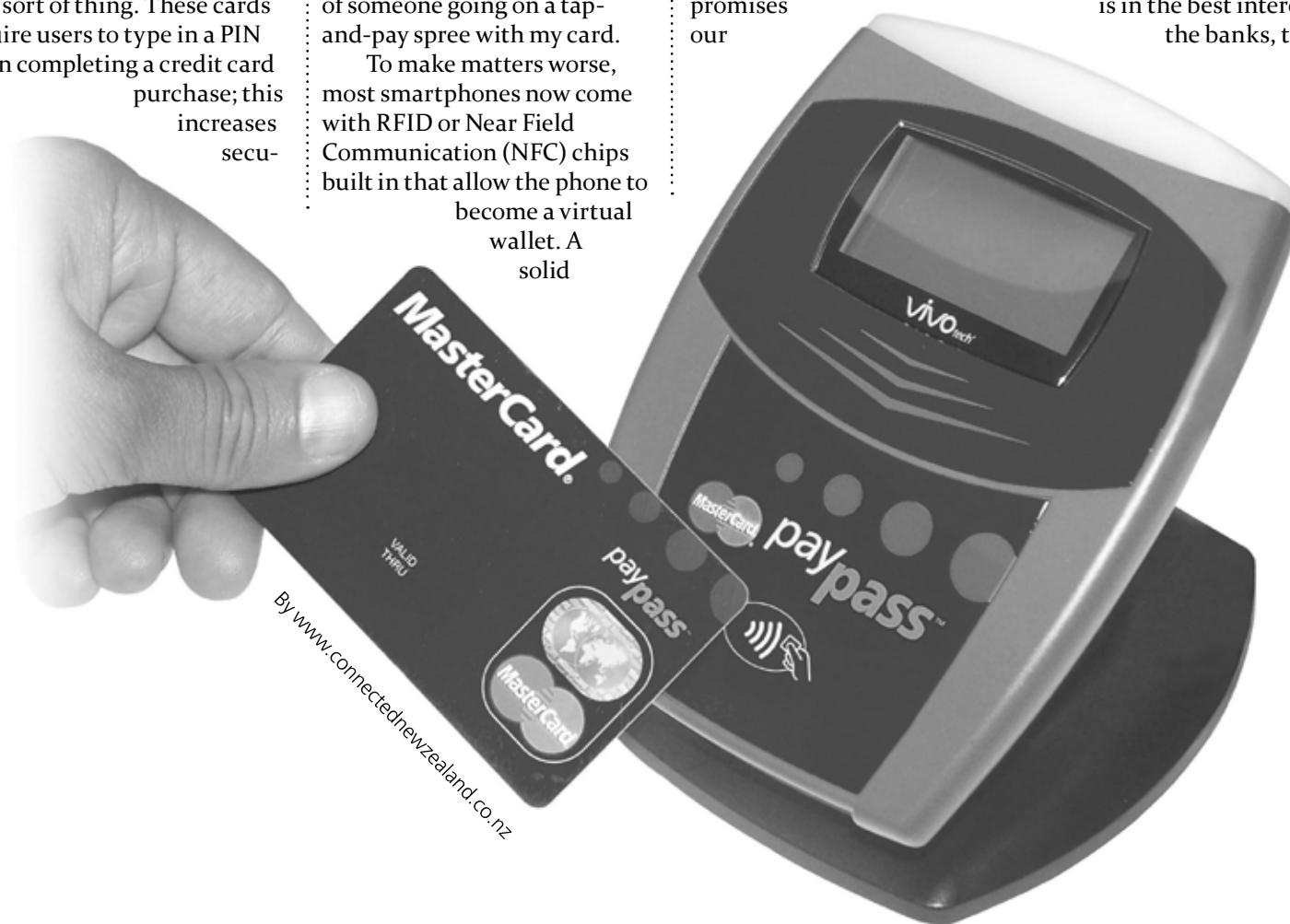
Many banks provide debit and credit cards fitted with chips that make Interac and credit fraud more of a challenge to those who do that sort of thing. These cards require users to type in a PIN when completing a credit card purchase; this increases security, compared with just signing a receipt.

Why then do we have credit cards that completely disregard security, sidestepping signatures and PINs? Is it because spending an extra moment at the till typing in a PIN requires too much effort? I don't know, but I do know that I'd rather spend a few extra seconds typing in a four-digit number than feel the wrath of someone going on a tap-and-pay spree with my card.

To make matters worse, most smartphones now come with RFID or Near Field Communication (NFC) chips built in that allow the phone to become a virtual wallet. A solid move for lazy convenience at the checkout, but a terrible move if you want to boost your financial security. If you lose your RFID- or NFC-enabled phone and it isn't secure, then someone could take advantage of that.

Technology is amazing, and being able to pay for something by swiping a piece of plastic in the air is really cool; but it compromises our financial security if thieves get hold of our cards or phones. Also, being able to buy things with such ease might make us not think twice about spending. Staying on budget is hard for students, and making it even easier to go into debt is perhaps not the best move. The on-screen prompts and waiting at the till have given me the time to rethink my purchases before; perhaps tap-and-pay is in the best interests of the banks, then.

move for lazy convenience at the checkout, but a terrible move if you want to boost your financial security. If you lose your RFID- or NFC-enabled phone and it isn't secure, then someone could take advantage of that.



# Nice guys finish last—but they get second chances

» Passion versus reputation



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All through our upbringing, people have told us to behave nicely to each other, but there was always this voice in the back reminding us that perhaps we're getting pushed around and being taken advantage of. We try to puff out our chests and keep our heads up high, but it always seems that when the time comes to make a complicated decision or to say no, we turn soft. For those of us who want to be successful, being nice might

just be the one quality to hold us back—but I believe that opportunities are bountiful for those who are kind.

As Eminem sang, "You only get one shot, do not miss your chance to blow, this opportunity comes once in a lifetime, yo!" There is a general consensus that opportunities do not come around that often, so when one does arise, it's important to seize it. It's good to have goals and pursue them with a passion, but ambition can become a pretty ugly trait when you start pushing people over to achieve your academic, professional, or personal objectives.

Compassion may not be in the same category as work ethic

or drive, but it's a soft skill that will help you gain friends and supporters, rather than rivals and competitors. We always talk about getting a slice of the pie, but let's be honest: if there is a pie, we aren't getting a slice of it. We're scurrying around under the table and we're waiting for crumbs. It sounds pathetic, but that is how we live. Work together with those who may threaten your ability to move up, not against them. To quote Chinese general, Sun Tzu, and *The Godfather: Part II*, "keep your friends close and your enemies closer."

Regardless of who succeeds in the end, having a tight network of friends is more

valuable than having a one-track mind. Being a self-made man or woman is great, but it's an illusion. Society is built upon a strong foundation, and that is constructed through kindness and shared opportunities—not through backstabbing and selfish acts.

The Bureau of Labor Statistics shows that on average, people change jobs approximately 11 times throughout the course of their lives. Meanwhile, research from Penn State University shows that 80 per cent of American students are uncertain about their majors, and over 50 per cent change their major at least once. That means what you

want now might not actually be what you want later. So don't fret, make friends, and learn more about yourself as you go before you act self-righteous, damage your reputation, and harm others.

It doesn't matter if you end up being a leader of a small technology start-up company or the mayor of Toronto, it's always important to have sympathy and kindness towards others. Life is not one destination, it's a journey—if you waste all your energy reaching a once-in-a-lifetime opportunity, you'll realize that you have wasted all your second chances on the petty little things.



# The Report Card: Vacations

» Passion versus reputation



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Welcome back from your little holiday break. I hope you got a chance to rest and spend some valuable time with your friends and family—or I hope you got an opportunity to get out of the city, away from the hustle and bustle of the holiday, and do a bit of travelling. When it comes to travelling, there isn't an incorrect way of seeing the world, but with limited chances, it's important to do it right.

## Pass: Backpacking

Contrary to popular belief, backpacking across a city, country, or continent is no more dangerous than any other form of travelling. Just because you aren't staying at a five-star hotel doesn't mean you won't have a good time. There is a freedom to backpacking that other forms of travelling can't replicate. You move at your own pace and decide where and what you want to eat, sleep, and do. You push yourself to get to rural destinations and see the breathtaking *National Geographic* sights.

Moreover, backpacking allows you to constantly meet new and interesting people, the kind you won't meet at a resort. It also enables you to be fully engulfed in the cultural experience—especially if you don't have a translator. Suddenly body language and patience become so important. All the skills and ethics your parents tried to instil in you from a young age are applied while backpacking. It's a very human feeling of completeness, not in the way buying a new car or a computer makes you feel complete.

Not many North Americans are born nomads, but there is a beauty in trying new things. Limited to a backpack full of essentials, backpackers can just pick up and go. In a way, backpackers are really the only type of legitimate travellers—others are just passengers.

## Fail: Tours

Is there anything worse than being told what to do? In normal life, you are always obeying your teachers, bosses, or parents—why should you be so obedient on your vacation as well? Tours are traps for travellers; it's a way for big companies to make money. Often, tours will usher you to a popular destination and allow locals to leech off of you, selling you knick-knacks and other novelty foreign garbage that you can bring home and show to all your domesticated friends.

Of course, tours are sometimes the only method of seeing certain attractions. But more often than not, the most attractive places are ruined by the sensation that comes with being on a tour. In 2012, I was fortunate enough to visit the Galápagos Islands. As a fan of science and Charles Darwin, the archipelago off of Ecuador was a place I longed to see; sadly the only safe and legal way of exploring the island was to go on a tour with a naturalist. Let's just say that it's hard to have an adventure when a law-abiding environmentalist is practically holding your hand the whole way. Sure, the trip was worth it and I got to see all I wanted to see, but the experience was tarnished by the fact that it was a tour.

Perhaps at a certain age, tours will be an acceptable means of seeing the world, but not in your 20's. Take this opportunity to see the world without a leash holding you back.



By highwaymemorials.blogspot.ca

# Respectful shrines or highway distractions?

» More roadside memorials may equal fewer accidents



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We often see them at intersections and long stretches of highway: roadside memorials set up in remembrance of those lost as a result of traffic accidents and collisions. These shrines commonly take the form of a cross, some flowers, some candles, perhaps a picture of the departed. They give no details of the crash, no signs of the carnage, and there's rarely even any damage to the roadside. Regardless of the cause, roadside memorials offer people a chance to mourn the loss of a loved one, in addition to cautioning other drivers and reminding them about the dangers of the road.

According to Canadian Motor Vehicle Traffic Collision Statistics, an estimated 2,227 fatalities occurred on the roads in 2010. These numbers seem meaningless to us as we rush through traffic, disregarding the speed limit signs. Associating numbers with people is not an

easy thing to do. People just don't personify numbers that way, so it's hard to sympathize with a number. Like Joseph Stalin once said, "The death of one is a tragedy, the death of a million is a statistic."

Some consider roadside memorials to be a distraction; drivers shouldn't have to feel wary when they navigate through a hazardous stretch of road, they should be focussed on what they need to do, instead of worrying about those who have died. But what better way to remind drivers to stay focussed, than to show the consequences of negligent driving? We often get so concentrated on the things we need to do and the places we need to be that we forget about our morality. After all, the most important thing about being alive is living.

Roadside memorials shouldn't only be sites for mourning the dead; they should be visual reminders alerting us that we are still alive, and that the safety of us, our passengers, and other people on the road is alive as well. Don't let the deaths of others be in vain—we should always learn something

from the mistakes of others. That way, the story of our lives won't result in tragedy and our memories won't wind up in a statistic.

On the highways around Quito, Ecuador, drivers and passengers can often see blue hearts painted onto the road. In Spanish, those blue hearts are referred to as "Corazones Azules," and each one symbolizes a death upon the road. This campaign was initiated after a school bus crashed in 2007, with very few survivors, to remind drivers to drive safely in all conditions. More than 40 blue hearts now mark the roads of the accident-prone country built upon the lip of the Andes Mountains. Canadians should take inspiration from that idea; small, unobtrusive markings may do more than mere speed limit signs and police radar.

Fines, warnings, and criminal recorders may take those who violate the rules off the streets—but it's more important to put the humanity back into the drivers. We all have places to go, but for now, let's avoid the hospital, the morgue, and the cemetery.





## This issue:

- ☑ Let bygones be Bynum's
  - ☑ What's in a name: Sports teams, mascots, and racism
  - ☑ The price of mediocrity: The Bears ink Cutler
- And more!

Know the score?

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# Here's to you, Mr. Robinson

» Whitecaps appoint new coach



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In December, after a month and a half of scouring the globe for the top coaching talent, the Vancouver Whitecaps made the announcement that their new head coach was to be none other than the highly-regarded...Carl Robinson. In other words, the club took six weeks to turn around and toss

experienced manager. Someone who could inspire faith not only in the players but in the fans, who are getting a little tired after three years of relative "meh."

While it's easy to allow the club the excuse that neither Yallop nor Kreis were ever going to come here, Bradley was certainly a possibility. Bradley has been very public about his desire to coach in Europe, but when he took the time to come out to Vancouver, you can be assured it wasn't just to take a walk around Stanley

aren't in the worst situation. Robinson, despite his lack of head coaching experience is a well-respected figure, both at the club and elsewhere. Even Arsenal midfielder Aaron Ramsey gave his vote of confidence in the no-nonsense first-year man. Taking a look at recent history, there's even a good chance Robinson sees some level of success. Mike Petke, a veteran of the game himself, led the New York Red Bulls to the top of the table last season. Admittedly, Petke inherited a talented roster that

**“** To have an established coach pass you by for a small Norwegian club that plays out of a stadium with a capacity of 7,000 is a downright embarrassment.

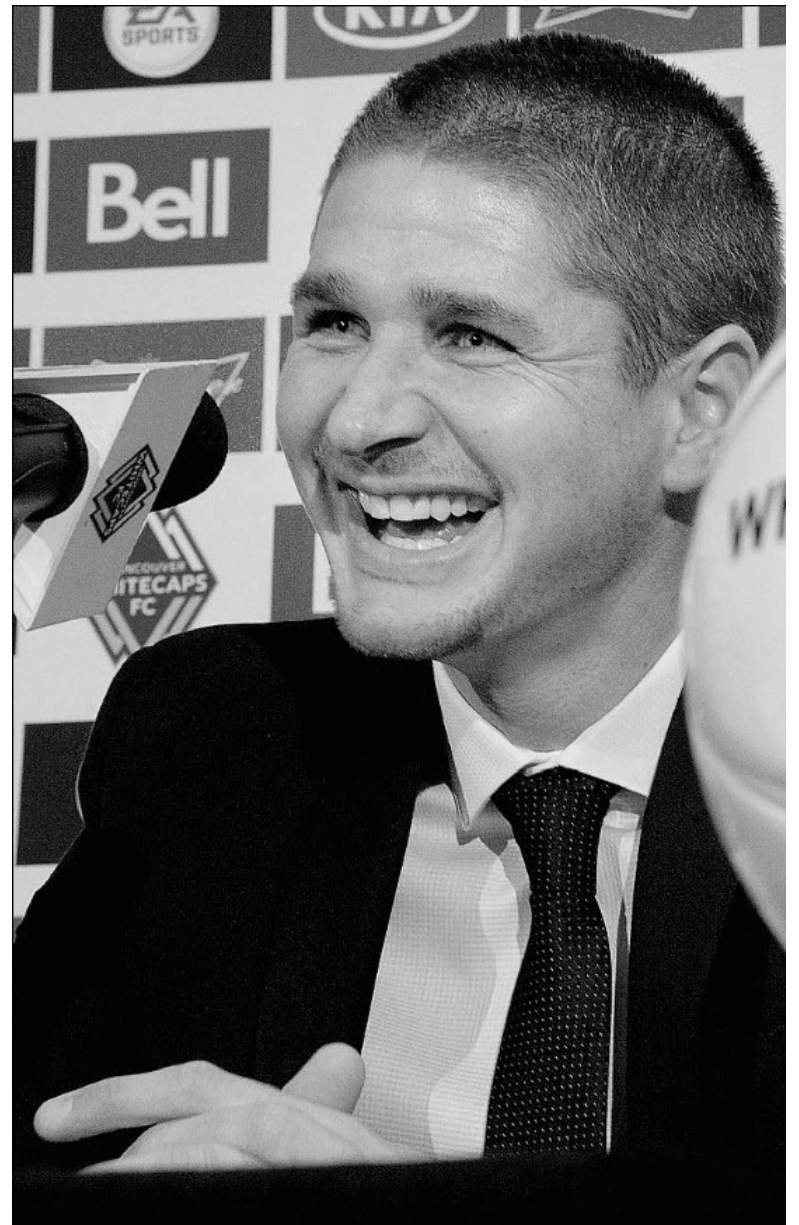
the keys to their assistant coach. Nothing against Robinson here (more on that later), but it wasn't quite the definitive move the club should have been making.

In a market that featured Frank Yallop, Bob Bradley, and Jason Kreis, it's difficult not to feel more than a little disappointed. With the stale taste of failure still lingering from Martin Rennie's reign, it seems a little counter-intuitive to put his right-hand man in charge. The club could use a winner. An

Park. He was ready to listen. However, whatever the 'Caps' pitch to him was, it wasn't good enough, and that's completely unacceptable. To have an established coach pass you by for a small Norwegian club that plays out of a stadium with a capacity of 7,000 is a downright embarrassment. Bradley could have put Vancouver on the right path and sorted out talented diva Darren Mattocks. C'est la vie.

Tossing a towel on the spilt milk for a moment, the Whitecaps

included the likes of Thierry Henry and Tim Cahill, but Robinson isn't exactly working with a Toronto FC roster himself, here. Camilo Sanvezzo, Mattocks, Kekuta Manneh, Erik Hurtado, Gershon Koffie, and a multitude of others comprise the squad. With the right coaching, they might just have what it takes to take the league by storm next year.



Carl Robinson new head coach of the Vancouver Whitecaps // By CP

# Sex appeal

» WNBA not as popular as NBA



**Courtne Martin**  
Sports Reporter

While most people can probably name the 2013 NBA Champions, there are significantly fewer people who know the WNBA title-holders. Men's basketball has always reigned supreme. Although women's basketball has made strides to improve its fan base, the fact of the matter remains: women's basketball isn't as entertaining.

The biggest differences between the two are

fundamentals and skills. While men wow the world with the finesse of reverse layups and fast-break dunks, the women simply play basketball with an occasional outstanding crossover or an unexpected give-and-go. Women's basketball lacks the athleticism to pull in the crowd.

One of the most controversial and recently discovered reasons behind the rise (and simultaneous lack thereof) within the women's basketball fan base and exposure is those who support the sport: the lesbian community. The fan base is much broader in the NBA.

Everyone and anyone from all over the world will fly in and spend ridiculous amounts of money to watch men annihilate one another on the court. Although continually making strides, society has not yet completely accepted the LGBT community, and this slow-to-move-forward thinking could potentially be affecting the variety of support within the sport.

Once you've noted the difference in skill set, agility, athleticism, "oohs and ahs," and fan base between the two, a succinct "duh" could explain why women's basketball is still not as popular. On a more

political standpoint you could factor in the theory that media sells—meaning, which sex is more publicized? You have the "Jingle Bells" commercial where some of the NBA's finest play the song by shooting basketballs at threes, while the women have produced very boring commercials—if at all. Not to mention, how many women have huge contracts with Nike and Adidas? Sheryl Swoopes was the first woman to have a basketball shoe named after her with Nike in the '90s, and Candace Parker had contracts with Gatorade and Nike bringing in an insane \$3- to \$5-million annually—

not so insane in the NBA, where it's not hard to name a few prominent athletes with endorsement deals: Michael Jordan, Shaquille O'Neal, Dwyane Wade, Derrick Rose, LeBron James, Kevin Durant, etc.

To make matters worse, men make an average of \$5-million on their contract while women are struggling to hit six figures. All these things line up with what sells. As talented as some of our female athletes are, the league is still quite young and the talent isn't equivalent quite yet. Hopefully, one day it will be.



# Rolle-ing in the deep

» Giants safety spot on calling Pro Bowl 'a joke'



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Antrel Rolle was visibly off-put by his exclusion from the Pro Bowl roster when he took to Twitter, "Tell me which safety has better numbers and made more game changing plays than me this year???? I'll wait!!!! This probowl shit is a joke."

And after a season in which he posted 98 tackles, six interceptions, two sacks, a forced fumble, and a fumble recovery, he may have a right to complain. He was one of the few bright spots on a miserable year in New York, and it wouldn't be hard to argue that Eric Berry, Troy Polamalu, and Kam Chancellor got in ahead of him on reputation and name alone. The crucial bit Rolle's missing here is that the roster isn't picked solely by the coaches and the players—it's also selected by the fans.

The fans' ballots count for one-third of the voting, which

is more than enough to turn the tide in many cases. It's not as if those who vote have to undergo any sort of NFL knowledge test either; they simply head onto the site and vote away. If such a person were so inclined, someone who has never watched a game in their life could pop on and pick favourites based on team colours, and it's that type of possibility that trivializes the game. Inasmuch as one understands the desire to involve the fans, does the involvement have to be in such a sought-after honour? And if the fans do have to be a part of it, why not release two rosters: one selected by coaches and players and the other by the fans? Only one roster would play of course, but it's not as if anyone actually tunes into that pillow fight anyway, so no harm done.

The tendency with armchair quarterbacks is to focus on stats, overemphasize the importance of certain categories, and, most importantly, pick the big names. While one can generally

get away with this on offence, there are generally a few notable misses on defence. Two of the major exclusions this year were outside linebackers (OLB) Lavonte David and Thomas Davis; both put up monster tackle numbers and were crucial cogs for their respective teams. So why weren't they picked? Sacks. Fans are enamoured with the sack column and the outside linebacker spot has become a popular area to slot in edge rushers. The result? OLBs putting up gaudy defensive end sack totals that attract the voters like students to coffee shops. I wouldn't have an issue with either Ahmad Brooks or John Abraham (or both) coming off the roster to slot in David or Davis. There are numerous other names—Muhammad Wilkerson being another standout—but that duo perfectly illustrates the flaw in fan voting. It's one of the few moments in life one can feel perfectly comfortable proclaiming the people shouldn't have a voice.



Antrel Rolle // By www.fansshare.com

## The price of mediocrity

» Bears ink Cutler



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In their final game of the regular season, the Chicago Bears lost to the Green Bay Packers 33-28. Due to the loss, the Bears missed out on the postseason for the sixth time in seven years. Logically, the first offseason move the team made was to sign the man they've had behind centre for the last five years. The man who has led them to the playoffs once. The man who has never made a Pro Bowl as a Bear. The much maligned,

easily hated, Jay Cutler.

It's not that Cutler's a bad quarterback per se; it's just that he's not that *good*. His new contract is a seven-year \$126-million deal, though "just" \$54-million is guaranteed. \$18-million a year for an average pivot seems a bit steep and comes across as a bit of a panic move.

That's not to say Cutler hasn't improved drastically this year, but with Marc Trestman as your coach, it's hard not to. The renowned quarterback whisperer could probably make Mark Sanchez look like a QB if given the chance. Just look at what he did with Josh McCown:

in eight games (five starts), McCown threw for 1,829 yards with 13 touchdowns and only one interception while posting a 3-2 record—a record which could have easily been 4-1 were it not for a curious call by Trestman to go for a field goal on second down against the Vikings in an overtime game. McCown's never been anything special, but he sure had that offence rolling.

On that note, if McCown had remained the starter after Cutler returned from injury, the Bears might still be playing. Cutler's three games back weren't pretty. He was rusty in a tight win over the

lowly Browns, dismal in a demolition by the Eagles, and middling in the finale to the Packers. In short, exactly what everyone's come to expect from the Vanderbilt product. If he had stayed healthy the whole year it might have been a different story, seeing as Trestman had him clicking early on, but he didn't, which brings up another issue: health. In the last three years, Cutler has missed 12 games. He's set to turn 31 before next season and one has to think that—with his recent injury struggles and always questioned toughness—his time off the field will be a regular occurrence.

Looking at the big picture though, the Bears' move to sign a man who is clearly not, nor ever will be, elite, to a top-dollar contract may be part of a growing trend. Last year it was Joe Flacco who cashed in. Is he great? No. Is he average? Yes. Do you know what you're getting? Yes. Cutler is the same. The Bears would have done well to re-sign McCown as the starter for a year or two, let Cutler walk, and draft a QB in the mid-rounds to develop. Instead, they overpaid for the known commodity. Just like Cutler, the move was anything but gutsy.





# Let bygones be Bynum's

» Andrew Bynum's career hitting the skids



**Courtnie Martin**  
Sports Reporter

**“W**hat the fuck? Are you kidding me? Andrew Bynum? Fucking ship his ass out,” said Kobe Bryant in 2007 when told of a potential trade of Andrew Bynum for Jason Kidd. Bynum's career has been haunted by many things through his ups and downs, but none nearly as effective as his lack of desire to be on the court, which is perhaps what brought Kobe to express such disapproval over wearing the

still remains—is Bynum worth it?

For many years, his teammates have consistently suggested that his love for the game is lacking. Cavaliers coach Mike Brown has expressed just how baffled he was when Bynum would begin chucking up shots from the three-point line and doing things entirely out of his skill set. Call it boredom, but Bynum got the boot from two NBA teams for his lack of dedication. Aside from his emotional detachment, the physical side of things is also a playing factor in his NBA career.

Standing at a gigantic seven

go about their professional career as a job rather than a passion. His hobbies have varied from making computer parts, producing a remote control car that could reach 100 miles per hour, and training dogs. He reportedly spends more time on his pastimes than working toward fixing his injury. So why is he still in the NBA? Could Bynum be taking advantage of the millions he gains from tossing around an orange ball? Whatever scenario you present, it's fairly obvious that Bynum is on his way out of the NBA. The biggest question that remains is if the Lakers will get lucky and seal a deal

**“**It's not as if anyone actually tunes into that pillow fight anyway, so no harm done.

same jersey as Bynum.

Bynum has been shipped around from the Lakers to the Sixers and finally to the Cavaliers. Interestingly enough, the Lakers (as of this writing) are considering a trade-and-waive move for him involving Pau Gasol to lessen their taxed income in the upcoming season. Gasol's contract ends after the season, which allows the Lakers zero obligation, while Cleveland will be committed to another \$12-million if they keep Bynum through January. The problem

feet tall, 285 lbs, the goliath-sized athlete doesn't have the sustainability in his knees to continue the gruelling training as a professional basketball player. As the youngest player to ever play in the NBA (a 17-year-old when he was drafted), he also sat out the entire 2012-13 season because of injury. While he continues to work on strengthening his knees, he's admitted he has been seriously considering retirement.

Bynum is one of the few athletes who seems to blatantly

allowing them to save millions, or if Cleveland will be stuck with Bynum knowing his knee is nearly gone and his passion is nonexistent.

One could only wonder how an injured Kobe feels about bringing back a player he wanted gone in his younger years. Will the Cleveland Cavaliers “ship his ass out” and hand him over to the Lakers or will the upcoming season be a long one?





The Washington Redskins are often pointed to as an example of an inappropriate team name // By Keith Allison/Flickr Creative Commons (CC BY-SA 2.0)

# What's in a name: sports teams, mascots, and racism

» Looking at the impact of a potentially racist name with school logos and team names



**Kimberley Hartwig,**  
Contributor (*The Sheaf*)

The debate surrounding potentially offensive sports team names and mascots has been raging for decades and has now taken hold in Saskatoon. One area high school, Bedford Road Collegiate Institute, is bearing the brunt of the criticism.

The school, whose team name is the Redmen and logo is a profile of a First Nations man, has come under fire.

Bedford Road graduate and current University of Saskatchewan student Erica Lee re-ignited a movement—which began in 1996—to change the school's moniker and logo in 2011 when she made a Facebook page called “Bedford Road Redmen: It's Time for a Change.”

Lee was inspired to fight for change after a teacher gave her an article about the implications behind First Nations mascots and logos.

“It's something that I think a lot of people don't realize, that they're actively supporting racism,” she said. “I think that it's just something we don't talk about... we're so used to things like that now so we don't even question it.”

The Redmen aren't the only remaining high school, collegiate, or professional sports team to bear a questionable mascot or name.

A high school in California call themselves the Coachella Valley Arabs and there are well

known professional teams such as the Washington Redskins in the National Football League and the Cleveland Indians in Major League Baseball.

In total there are nine high schools that use the name Redskins in Canada and the United States and many more who use names derived from aboriginal peoples.

However, many teams who were once portrayed by culturally loaded mascots have changed to something more benign.

A high school in Illinois changed their name from the Pekin Chinks to the Pekin Dragons in 1980 and up until 1972 Stanford University's mascot was the Stanford Indian. The school changed their name to the Cardinals (the colour) and their mascot to a tree.

Stanford University Ombudsperson Lois Amsterdam stated in a petition to change the mascot that “Stanford's continued use of the Indian symbol in the 1970's brings up to visibility a painful lack of sensitivity and awareness on the part of the University.”

Forty years later, many teams still use a similar name and logo or a variation on the theme.

In recent decades there has been a strong push to abolish harmful mascots, including an extensive policy to remove negative images established by the National Collegiate Athletic Association (NCAA). Calls to change the name of the Bedford Collegiate Redmen have also

been supported by various members of the University of Saskatchewan community, one of which is the Department of Educational Foundations in the College of Education.

In an email sent to CTV, department head Diane Miller wrote, “The idea that such logos and mascots are positive representations of Indigenous peoples is false. These images spring from centuries-old racist discourses... The Department of Educational Foundations agrees that it is time to stop pretending that stereotyping is an honour. It is racism.”

No professional team has taken on a name or logo that uses racial stereotypes in name or imagery since 1963 but many pre-established images, such as the Cleveland Indians' Chief Wahoo, continue to exist.

Chief Wahoo is becoming harder to spot on the Cleveland Indians' uniforms.

A common defence of fans and owners of sports teams with racially charged images is that the mascot is meant to honour the people of its likeness or to reflect their proud history. This assumption continues to unravel as more and more individuals who are meant to be “honoured” refute this myth.

“I know that a lot of people will see Redman, Redskins, native logos as an honour, but the fact is that there are more and more native people that aren't comfortable with this representation and it can lead easily to a lot of negative stereotypes and negative images

of Native American people and First Nations people,” said Lee.

It's hard to imagine how this name can be taken as an honour when the Oxford Dictionary lists the term “Redman” as dated and offensive and is commonly seen as a racial slur. At one time, this name and others like it had less loaded meanings, but connotations have become more negative over time.

Despite being dropped from current use and Redmen being a pejorative term, many schools still feel it's appropriate to bear on their jerseys and trophies. These names were not adopted by schools many decades ago with the intent to offend, but the cultural stereotypes they espouse should be assessed from a modern standpoint.

“People get defensive because they think we're calling them racist, but the point is that a lot of people [are] not looking at it and questioning it,” Lee said. “They're not seeing it as a representation of people even though it's the face of a Native American. They'll just see it as a logo and not really as a person or as a symbol of anything.”

These names and mascots present a caricature of real, living people and cultures that are continually evolving, while the depictions rest in past stereotypes.

“One argument is that when people look at that logo, they don't see people; they see a mascot when in reality it's this weird sort of distorted reality

of what First Nations culture is actually like,” Lee said.

Another argument against changing names and mascots is that it's part of the team's history and that the vast majority of fans aren't bothered by these depictions. But more often than not, it's people who have no cultural ties to the representations who claim they are harmless.

In the case of the Bedford Road Redmen, those who cling to the school's proud tradition may be ignoring an entirely separate history.

“The weird part about this is that it's a primarily white school board and Bedford Road school and teachers and students that [are] holding on to this logo and claiming it's their tradition,” Lee said.

Other detractors say that the fight to change these names is just another in the battle for all-encompassing political correctness.

Lee sees doing away with the old as a way for First Nations people to reclaim their present and future identities.

“I think that it will show that First Nations people are reclaiming their right to represent themselves as they see fit,” she said.

As for whether or not the mascot and name at Bedford Road will eventually change, Lee is optimistic the school will adopt something that all students can be proud of.

“I think it's coming,” she said. “I think it's inevitable.”



### This issue:

- ✓ Netflix data predicts world domination by next quarter
  - ✓ Youtube Comedy Classics: Marshmallow People 3
  - ✓ Spaceman & Chet
- And more!

Been told you're too funny?

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## Man sues Gwyneth Paltrow over misleading diet advice

» Anti-'Wellness' cleanse leads to sugar coma and extreme bloating



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Prior to 2014, Hamish McMuffin was just a regular guy who happily spent his days dishing out TCBY fro-yo to greedy moviegoers at the Cineplex in Coquitlam. Since January, however, the 23-year-old aspiring yogurt franchiser has been fighting the worst intestinal battle of his life—no thanks to that skinny bitch Gwyneth Paltrow and her advocacy of confusing wellness cleanses—and he's suing-mad over it.

"I mean, I figured it's a new year—a new chance for romance," explained McMuffin, who has loudly stated his intentions to "sue the skinny, skinny pants" off of Paltrow. "I wanted to slim down and get it tight and right for the ladies, and I thought to myself 'who's slimmer than Gwyn?'—so I decided to check out her website for some tips. How was I to know that it would be the tip of my tummy-time iceberg nightmare?"

Indeed, McMuffin's life took a terrible twist when he skimmed Paltrow's popular lifestyle website, *goop*, for weight-loss ideas, and discovered detailed and boring instructions on how to conduct a post-holiday cleanse. Instead of reading the complete information, McMuffin used a speed-reading technique to get the gist of it. Based on his reading comprehension, he figured that he could "detox" by eliminating the things he saw mentioned on Paltrow's website—like fruits, vegetables, and water.

"What was I supposed to think?" said McMuffin. "I'm

hearing all these words like 'wellness' and 'eliminate' and 'leafy greens'—so naturally I assumed that Ms. Paltrow was suggesting that she gets her rockin' bod from not eating junk that tastes bad, right?"

At first, McMuffin enjoyed the cleanse. "I felt really good about myself, and I was proud that I had made that difficult leap towards putting my health first. I definitely looked down on those around me."

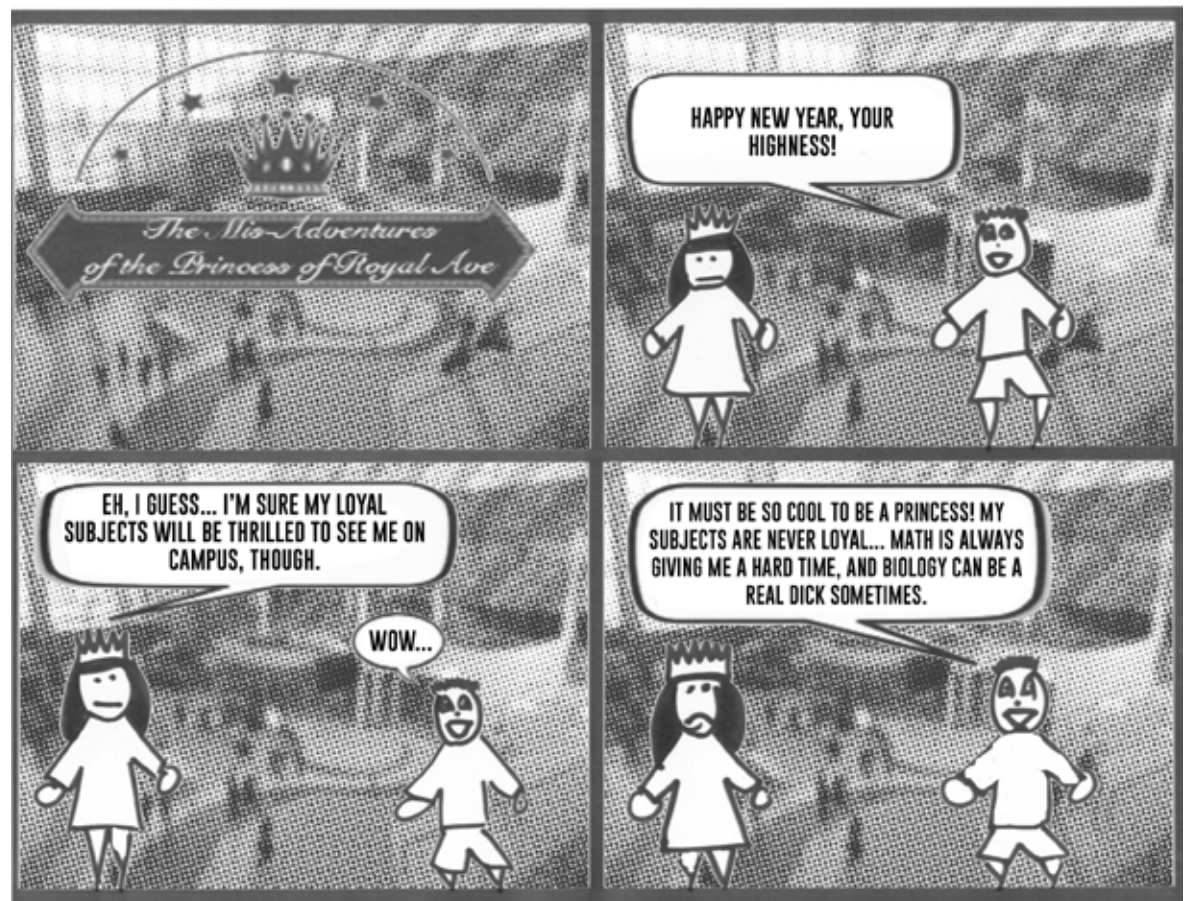
However, after completing a 17-day binge of fast food, cake, and (veggie-less) pizza, McMuffin was shocked to discover that he had not actually lost any weight; on the contrary, he had gained eight pounds and his skin looked like a dirty sex store parking lot. Even worse, that girl that he sort of liked from down the street declined his offer to watch movies in his basement with him. The cleanse was a failure. Adding insult to gastrointestinal injury, McMuffin's recognition of the detox's malfunction coincided with a bad case of Whopper-induced diarrhea.

McMuffin is currently crowdsourcing on Facebook for a pro bono lawyer to take on his case, as he wants to get the word out about the fallacy of weight-loss cleanses. "I don't want some innocent person to make the same mistake I did, and to miss out on a basement date with Susie from down the street," said McMuffin.

When reached for comment, Paltrow's representatives noted that McMuffin was "an idiot."

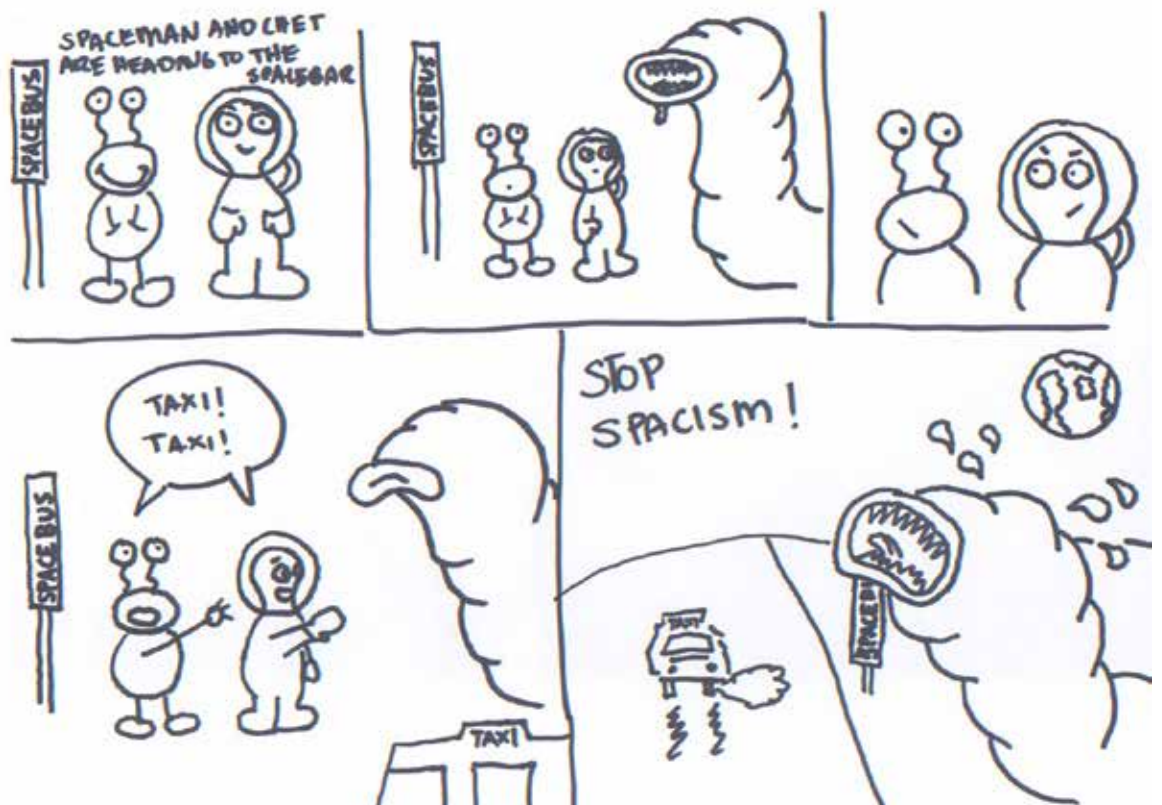
## The Mis-Adventures of the Princess of Royal Ave

By Sharon Miki



## Spaceman & Chet

By Elliot Chan







By Ed Appleby

## Netflix data predicts world domination by next quarter



**Cazy Lewchuk**  
Staff Writer

Based on analysts' latest subscriber projections, the popular on-demand Internet streaming media company, Netflix, is expected to dominate the entire civilized world by the second quarter of 2014. The first phase will involve introducing more features, such as the "TV shows and movies that are actually good" package, which is currently available only to US subscribers. Another package in the works will include more subcategories such as "TV shows to binge watch while wearing pyjamas instead of doing homework" and "Movies constantly watched by unemployed stoners who use their friends' accounts instead of buying their own."

Netflix is also beta-testing a premium option that involves paying an additional \$2 a month. In exchange, Netflix would send a streaming video of a giant raised middle finger to your former cable TV provider every month. Another option, designed for college students, will include sending users a

jar and funnel for bathroom needs, as well as a jar of Nutella and Thermos full of coffee. Executives suggest that with this package, "students will never need to leave their beds—or Netflix—ever again!"

Netflix hopes these planned innovations will allow them to seize control of all inhabited countries and enter a new era of populations being mass-controlled through hypnotic messages inserted into the third season of *Gossip Girl*.

When asked for comment, recently unemployed programmer Ivan Lowlife said "Does this mean *The Simpsons* will finally come to Netflix? I've already watched all of *Family Guy* twice, and a new show would keep me busy for a week or so." Pressed for an opinion about a corporation seizing control of the world, he replied, "Look, man, as long as I've got my laptop, I'm good."

Previous attempts to enslave the world were attempted by Blockbuster, HBO, Shaw On Demand, Hulu, and Amazon Instant Video. These companies all failed in gaining control except in areas known as "the backwoods," "the Prairies," "Mississippi," and "Edmonton, Alberta."

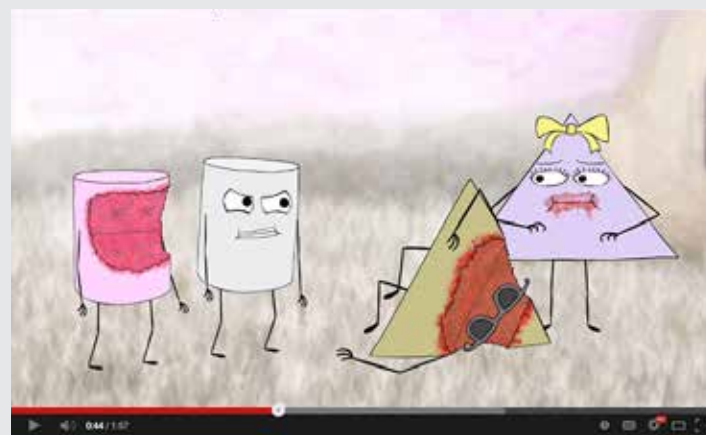
Netflix's data shows 90 per cent of users are already directly plugged into their Matrix, and it's much too late to escape. "Even if someone cancels their account... forgets their password... they'll be back before you can say 'unlimited streaming.' What else do you think they'll use? Telus TV?!" said the Netflix CEO, before laughing maniacally.

However, the remaining 10 per cent of free viewers are found to all originate from Canada. As one Canadian subscriber put it, "After you marathon *Breaking Bad* and *Mad Men*, there really isn't much good to watch anymore on there, eh?"

Currently, Netflix is preparing for war against another website poised for a world domination—this one based on anarchy and a lack of money. This foe is "like Netflix, except cheaper, with more content and less worries of 'legality.'" As this issue went to press, The Pirate Bay (TPB) had fired cannons into Netflix territory; Netflix responded by sending in an anonymous tip to TPB's Internet service provider.

## YouTube Comedy Classics

» Marshmallow People 3



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[http://www.youtube.com/watch?v=ur9jLK\\_6EcY](http://www.youtube.com/watch?v=ur9jLK_6EcY)

From the creator of such great YouTube classics as "Charlie the Unicorn" and "Llamas with Hats" comes a heart-warming tale of Marshmallow People just trying to find something to eat. Much like the creator's previous work, this innocent animated tale somehow takes a dark turn for the worst—and ends up being hilariously creepy.

Enjoy!






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